

Physical Education Pre-K – Fifth

All skills and concepts, once introduced will be continually refined and developed throughout elementary school.

Pre-Kindergarten & Kindergarten

Locomotor Skills:

Galloping, hopping, jumping, running, skipping, sliding, leaping, & walking

Non-locomotor Skills:

Bending, pulling, pushing, stretching, swaying, swinging, turning & twisting.

Rhythm:

Combine various movement patterns to music.

Coordination:

Kick a slowly rolling ball.
Coordinate large arm movements (climbing, throwing, catching and tossing.)

Balance:

Balance on one foot for approximately 5 seconds.
Walk and balance on a 4 inch line or balance beam.

Engagement in Physical Activity:

Experience sustained moderate physical activity for short periods of time.

Benefits of Fitness:

Associate physical activity with maintaining fitness and personal well-being.

First Grade

Rhythm:

Combine various movement skills to music.

Coordination:

Demonstrate throwing, catching, kicking and jumping a swinging rope.
Roll smoothly in a forward direction.
Perform a log roll.

Balance:

Demonstrate ability to balance on a variety of body parts.

First Grade, continued

Evasive Techniques:

Be introduced to dodging, escaping, & catching.

Stretching:

Identify proper and improper techniques of stretching.

Directionality:

Understand & demonstrate over, under, behind, alongside and through.

Engagement in Physical Activity:

Participate in a variety of moderate to vigorous physical activities for short periods of time both in and out of school.

Benefits of Fitness:

Recognize changes in heart rate.
Explain function of the heart and lungs.
Be introduced to concepts of muscular strength, muscular & cardiovascular endurance, flexibility, & body composition.

Character Traits and Citizenship:

Identify the benefits of sportsmanship, cooperation, safety and following the rules.
Demonstrate self-discipline, respect for others and responsibility.
Resolve conflicts in socially acceptable ways.
Be willing to try new challenges and activities.

Second Grade

Coordination:

Dribble a ball while running.
Catch, throw, kick, strike an object and dribble with hand and foot.
Demonstrate verhand and underhand throw utilizing the principle of opposition.
Roll smoothly in a forward direction without hesitation or stopping.
Jump a turned rope held by others and jump a self-turned rope.

Second Grade, continued

Balance:

Demonstrate control in traveling, weight bearing and balance activities.

Transfer body weight to the hands (e.g. handstand, pull-up or arm-hang.)

Jump and land using a combination of 1 and 2 foot takeoffs and landings.

Evasive Techniques:

Chase, flee and dodge to avoid or catch others.

Stretching:

Demonstrate proper and improper stretching.

Engagement in Physical Activity:

Participate in individual and group fitness activities in and out of school.

Participate daily in moderate to vigorous physical activity.

Benefits of Fitness:

Recognize benefits of increased heart rate following an aerobic activity.

Identify and explain: muscular strength, muscular endurance, flexibility, body composition and cardiovascular endurance activities.

Explain the heart is a muscle that becomes stronger as a result of aerobic activity.

Locate various pulse points.

Character Traits and Citizenship:

Demonstrate self-discipline, respect, sportsmanship and responsibility while participating in group, individual and partner activities.

Be willing to try new challenges and activities.

Third Grade

Rhythm:

Travel in different directions, using a variety of skills in combination of a simple rhythmic patterns.

Combine intermediate movement patterns to music.

Coordination:

Strike a softly thrown lightweight ball back to a partner using a variety of body parts (bump in volleyball, instep kick in soccer.)

Throw, catch and kick.

Demonstrate difference between overhand and

underhand throw utilizing principle of opposition with accuracy and control.

Consistently strike a ball with a bat from a tee or cone, using correct grip and side orientation.

Jump a self-turned rope.

Enter and/or exit a rope turned by others.

Perform a roll in a forward direction without hesitating or stopping for 2 consecutive rolls.

Balance:

Balance with control on a variety of moving objects (e.g. balance board.)

Engagement in Physical Activity:

Participate in individual and group fitness activities.

Engage in appropriate activity for the development of muscular strength and endurance.

Maintain continuous aerobic activity for a specified time.

Locate and name some pulse points.

Character Traits and Citizenship:

Demonstrate responsible personal and social behavior in physical activity settings.

Fourth Grade

Coordination:

Hand and/or foot dribble a ball while participating in an organized group activity.

Strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, site to the target and swing plane.

Demonstrate intermediate jump rope skills.

Balance:

Jump and land, throw catch and kick using proper techniques.

Evasive Techniques:

Escape, catch or dodge an individual or object while moving.

Engagement in Physical Activity:

Participate in aerobic activity for a specified time and monitor heart rate before and after activities.

Participate in activities that are challenging.

Explain the importance of appropriate practice for improving performance.

Fourth Grade, continued

Benefits of Fitness:

Describe the fitness and health benefits that result from regular participation in physical activity.

Character Traits and Citizenship:

Show respect for persons from different backgrounds and cultures.

Recognize differences among individuals associated with physical ability and participation in various games and activities.

Express joy in personal successes and achievements of self and others.

Fifth Grade

Rhythm:

Participate in intermediate/advanced rhythmic activities involving physical movement with or without music.

Combine various jump rope movements to music.

Perform basic dance patterns in time to music (folk dance, line dance, square dance or tinikling.)

Coordination:

Consistently strike a ball, so that it travels in an intended direction and height, using various apparatus (racket, bat, hockey stick or golf club.)

Hand and/or foot dribble while preventing an opponent from stealing the ball.

Demonstrate ability to detect, analyze and correct errors in motor skill performance.

Engagement in Physical Activity:

Participate in lead up games, team building and lifetime activities.

Benefits of Fitness:

Explain the meaning of “recovery heart rate” as applied to exercise.

Character Traits and Citizenship:

Identify the benefits that accompany cooperation, self-discipline, safety, respect and sportsmanship while participating in group, individual and partner activities.