

Physical Education

Kindergarten - Grade 8

Program Goal:

The learner will develop the skills, knowledge, and attitudes required for life-long health and fitness through various games and activities which promote respect for self and others.

Fundamental Movement and Body Control Skills

1. Demonstrates competency in fundamental locomotor skills-crawl, animal walks (bear, crab walk, monkey walk, etc.)
 - a. walk
 - b. run (forward and backward)
 - c. march
 - d. gallop
 - e. skip
 - f. hop
 - g. jump
 - h. leap
 - i. slide (grapevine)
 - j. transfer weight

2. Demonstrate competency in fundamental non-locomotor skills
 - a. twist

Fundamental Movement and Body Control Skills (cont.)

- b. bend
 - c. sway
 - d. curl
 - e. reach
 - f. stretch
 - g. balance
 - h. rock
 - i. swing
 - j. turn
 - k. push
 - l. pull
 - m. lift
 - n. lower
 - o. isometric (strength building/improvement)
3. Show respect for general and personal space during locomotor and non-locomotor activities
4. Move to a steady beat or rhythm
5. Demonstrate the following directional movements
- a. up/down
 - b. high/low/middle
 - c. in/out
 - d. under/over/around and through
 - e. between

Fundamental Movement and Body Control Skills (cont.)

- f. forward/ backward/ sideways
 - g. right/left
 - h. top/bottom
 - i. above/below
 - j. against
 - k. beside
 - l. on/off
6. Demonstrate fundamental object control skills
- a. throwing bean bags
 - b. catching feathers
 - c. kicking balloons
 - scarves
 - frisbies
 - d. collecting
 - e. dribbling
 - f. rolling
 - g. striking
 - h. balancing
 - i. volleying

Cognitive Concepts

- 1. Identify the body parts
- 2. Describe the relationship between:
 - a. a physical activity and wellness

Cognitive Concepts (cont.)

- b. cardiovascular and respiratory response to exercise
- c.. weight control, body composition, and exercise
- d. physical exercise and physical health
- e. physical health and mental health
- f. explain the difference between strength, endurance, and flexibility

Note Computer Software: *Body Works (Softrey International) 3-D Body Adventure (Knowledge Adventure)*; *Ultimate Human Body (Dorling Kindersky)*; *How Your Body Works (Mindscapes)*; *Science Tool Kit-Body Lab*; *Mayo Clinic-Sports Health and Fitness CD (ivi Publishing)* Ideas: Personal data spreadsheet/Caloric values/Metabolism rates

- 3. Explain the need for rules:
 - a. to insure safety for all
 - b. to promote sportsmanship
 - c. to encourage teamwork
 - d. to insure equal opportunity
 - e. to reinforce Christian values

Physical Fitness

- 1. Demonstrate appropriate levels of abdominal, shoulder/girdle, leg and arm strength (see appendix)
- 2. Demonstrate appropriate levels of endurance (see appendix)
- 3. Maintain a healthy level of cardiovascular endurance during activities
- 4. Demonstrate flexibility, agility, and balance in various activities
- 5. Can demonstrate coordination through various activities
 - a. hand eye
 - b. foot eye
 - c. small motor
 - d. large motor

Physical Fitness (cont.)

6. Demonstrate correct posture
 7. Use proper exercise techniques
 8. Make healthy choices concerning
 - a. nutrition/health/Life Science Concepts On-Line Series
 - b. drugs and alcohol (Rx vs. non Rx), illegal and legal; Health Quest (Entrex) 5-10 Prescription Asst. Vital Signs: The Good Health Resource (CD); Mayo Clinic Sports Health and Fitness (CD) (ivi Publishing)
 - c. sleep and relaxation activities
 - d. stress management
 - e. injury reduction
 - f. general first aid
 - g. muscle memory-repetition and practice/Speakers-Anne King-GRPS
- Gr.

Sports and Leisure Skills

1. Apply fundamental skills in a variety of sports and leisure time activities both in and outside of school
 - a. in the classroom
NBA Basketball
NFL Football
 - b. on the playground
 - c. at home
U.S. Tennis Association
free tennis rackets
 - d. etc.
when sponsor workshop
2. Apply safety skills, sportsmanship, Christian values, teamwork and good decision-making in physically engaging activities

Effective Personal/Social Skills

1. Give (and accept) personal best effort
2. Understand how practice improves performance
3. Understand and accept God-given talents and abilities within self and in others

Effective Personal/Social Skills (cont.)

4. Understand maturation and growth issues as they relate to size, weight, strength, ability, coordination, etc.
5. Follow directions, exhibit self control, and accept consequences of own actions
6. Demonstrate various group interaction skills related to teamwork in selected activities
7. Take care of materials and equipment.
8. Takes care of personal hygiene needs

Suggested Activities for Grades K-3

Fundamental Movement and Body Control Skills

movement to music

dance

creative movement

scooters, parachute

gymnastics--balance beam, mats, ropes, etc.

games involving fundamental motor skills

bean bags

yarn balls

playground balls

hula hops

jump ropes

lumi sticks

obstacle courses

sock balls

ribbons

balloons

scarves

basic exercises

Cognitive Concepts

verbal explanations with visual aides

demonstrating or modeling

nutrition unit

informal measurement of heart and respiration rate

weighing and measuring growth each year

pictorial representation of gym rules

Physical Fitness

crab walk, seal crawl, bear walk and other role-playing activities that build strength

jump rope

dance

scooter play

gymnastics

timed running, skipping, etc.

selected movement to music (skip still the music stops)

tag and relay type games

parachute (sheets work just as well)

isometric exercises that build strength and coordination

Sports and Leisure

work on skills used in various sports such as dribbling, rolling, passing, striking without necessarily organizing a game or playing a sport
talk about family recreation activities
talk about types of physical activities outside of gym class (walking, biking, swimming, etc.)
talk about types of physical activity appropriate across a life span.

Personal and Social Skills

balance between individual and group activities
focus on cooperative activities
total participation of class (modify elimination games to involve all)
designate and rotate squad leaders
use a variety of grouping techniques
follow the leader games and activities with frequent changes in the leader

Suggested Activities for Grades 4-8

Fundamental Movement and Body Control Skills

(see K-3 list)

dance--aerobics, folk, square, line
warm up exercises floor hockey
cool down exercises
balls
bats
rackets
jump ropes
hula hoops

Cognitive Concepts

play games from other countries, dances from other cultures
rules and strategies of organized games and sports
vocabulary words-sports, bones, muscles, nutrition etc.
read, collect, and analyze personal data into charts and graphs, etc. related to wellness
take time to discuss the relationship between physical activity and wellness
caloric values and metabolism rates
first aid concepts
origin and history of sports

Physical fitness

fitness, endurance, flexibility and strength testing (examples sit-ups, distance running, chin-ups, push ups etc.)
timed activities
heart-rate/pulse rate
isometric exercises

Sports and Leisure

developing a personal exercise plan
basketball football
volleyball handball
soccer
floor hockey
softball
tennis
badminton
bowling
walking
jogging
hiking (orienting)

Sports and Leisure (cont.)

biking
track and field
golf
Eclipse ball

Effective personal/social skills

balance between individual and group activities
balance of cooperative and competitive activities
total participation of class (modify elimination games to involve all)
designate and rotate squad leaders
use a variety of grouping techniques--some student generated
have students take responsibility for care of equipment and materials
reinforce Christian values on the sports field and contrast these with portrayals of sports figures in the media
identify sports figures who are living a Christian life
identify positive contributions of sports figures from various cultures and countries