

## Physical Education Curriculum for Grades K-8

### KINDERGARTEN

Kindergartners have Physical Education twice weekly, and the curriculum emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are:

- Locomotor skills such as chasing, crawling, galloping, hopping, jumping, rolling, running, skipping and walking.
- Non-locomotor skills such as balancing, bending, clapping, leaning, reaching, rolling, stretching, turning and twisting.
- Manipulative skills such as catching, dribbling, kicking and throwing.
- Creative movement and dance skills such as repeating simple patterns, matching movement to music, directionality, changing direction and awareness of personal space and relationship to others.
- Stunts and tumbling such as leg rolls, animal walks and appropriate partner stunts.
- Kindergartners also learn scooter skills and reinforce physical concepts through games.

### GRADE 1

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: Ball handling, passing skills; bowling and rolling; creative movement, dance; cup stacking; fitness activities; juggling; jump rope; pillow polo, pillow hockey; racquet sport skills; soccer skills; stunts and tumbling; throwing,

catching; team building, cooperative activities; track and field; and volleyball/striking skills.

### GRADE 2

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: ball handling, passing skills; bowling and rolling; creative movement/dance; cup stacking; fitness activities; juggling; jump rope; pillow polo, pillow hockey; racquet sport skills; soccer skills; stunts and tumbling; throwing, catching; team building/cooperative skills; track and field; and volleyball/striking skills.

### GRADE 3

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: basketball skills; bowling and rolling; cupstacking; dance; fitness activities; football skills; juggling; jump rope; pillow polo, pillow hockey; racquet skills; soccer skills; team building, cooperative activities; team handball; track and field; volleyball; offensive and defensive strategies; and cooperative strategies.

### GRADE 4

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: Basketball

Skills; bowling and rolling; cupstacking; dance; fitness activities; football skills; juggling; jump rope; pillow polo, pillow hockey; racquet; soccer; team building, cooperative activities; team handball; track and field; volleyball; offensive and defensive strategies and cooperative strategies.

#### **GRADE 5**

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: basketball; bowling and rolling; cupstacking; dance; fitness activities; football; juggling; jump rope; pillow polo, pillow hockey; racquet skills; soccer; team building and cooperative activities; team handball; track and field; volleyball; offensive, and defensive and cooperative strategies.

#### **GRADE 6**

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the units studied are: basketball, combatives, dance, gymnastics, inline skating, jump rope, kickball, softball, low organizational games, paddleball, soccer, track & field, tumbling, volleyball, cardiovascular activities, fitness labs, fitness testing, boulder wall, experience with sport teams, and skill work in small groups.

#### **GRADE 7**

Daily Physical Education emphasizes skills for lifelong fitness and coordination, endurance and strength. Among the major units are: basketball, combatives, dance, gymnastics, soccer, track and field, tumbling and volleyball. Students use the fitness lab and the boulder wall to gain fitness, strength and endurance.

#### **GRADE 8**

Daily Physical Education emphasizes skills that support lifelong fitness and address coordination, endurance and strength. Among the major units are: basketball, dance, gymnastics, soccer, inline skating, self-defense, track and field, tumbling and volleyball. Students also use the fitness lab and the boulder wall to develop fitness, strength and endurance.