

Physical Education - Scope and Sequence

Structure and Method – Students emphasize the study of physical education through development of mental, emotional, physical, and social aspects of living a healthy and productive life. Students learn what their body can do and how to manage their body effectively through fundamentals of individual and team challenges and sports. Introduction and understand of skills, rules, and strategies from beginner to experienced levels.

Kindergarten through Second Grade

Students will learn about fair and cooperative play, interacting positively and safely with classmates, movement vocabulary, and the importance of healthy living and stretching. The areas of emphasis are demonstrating mature form of walking, running, skipping, hopping, and gliding as well as control of balance. They will engage in moderate to vigorous physical exercise activity and identify the effects of exercise. Students will try new activities to gain confidence with skill level and enjoyment.

Third through Fifth Grade

Students will be introduced to team and individual sports as well as work independently and cooperatively with a partner or small groups. Adapt to the demands of school and outside of school sports environments. The introduction of tumbling, jumping, and climbing activities. Start to identify activities related to each component of physical fitness (endurance, strength, flexibility, nutrition, rest). They will increase level of challenges and accomplish fitness goals.

Sixth through Eighth Grade

Students will create and apply basic principles of physical and mental fitness. They understand more advanced skills, strategies, sportsmanship, and personal health and cleanliness. Students will encourage growth through interaction with others in individual and team activities in and out of school. They will develop leadership skills encourage the proper care of personal and school property, and to respect the rights of other students. Students will recognize the role of physical activity in modern society and for self-expression.