



PHYSICAL EDUCATION CURRICULUM

Physical Education is an integral part of our classical education. Each student will be provided with opportunities to develop the skills, knowledge, and confidence necessary to lead a physically active lifestyle. Our curriculum strives to promote an active and healthy lifestyle, motor skill development, and improved cognitive performance through exercise, a variety of physical activities, and sports.

In Physical Education, we strive in providing opportunities for children from PK to 10th grade to learn about physical fitness through exercise and physical activity. They are taught how to respect one another, demonstrate good sportsmanship, and participate as a team through organized sports and lessons which they can apply later in life. We focus on teaching them the fundamentals of sports which will provide a foundation for them to continue and build those skills as they get into competitive sports. The students will acquire the knowledge and skills for movement and social development through physical activity. In addition, they will develop an understanding of the relationship between physical activity and health throughout their classical education with us which they can continue to practice daily towards living a healthy lifestyle. We offer PE classes beginning from pre-kindergarten where we focus on gross motor skills to high school where we focus on team building and skill development.

GRADING

Grades will be comprised of 4 categories which will fall under skill sets. They will be given the following letter grade (E, G, S, N, and U) for these skill sets: conduct, participation, sportsmanship, and attendance. Attendance will be graded on not whether they are present but rather if they are present and fully dressed for PE.

E – Extraordinary (Does what is asked or required above and beyond expectations)

G – Great Work (Does what is asked or required very well)

S – Satisfactory (Does what is asked or required)

N – Needs Improvement (Does not consistently do what is asked or required)

U – Unsatisfactory (Does not do what is asked or required)

CLASS STRUCTURE

30-39 minutes

7-10 minutes stretches/exercises

3 minutes of jogging/running laps

20-29 minutes of lesson/activity

COURSE OBJECTIVE

MOTOR SKILLS

1. Demonstrate fundamental locomotor skills
2. Demonstrate fundamental object control skills
3. Demonstrate non locomotor and body control (movement) skills
4. Demonstrate fundamental rhythmical skills
5. Participate successfully in selected health-enhancing, lifelong physical activities

PHYSICAL FITNESS

1. Develop and maintain healthy levels of cardiorespiratory endurance
2. Develop and maintain healthy levels of muscular strength and endurance
3. Develop and maintain healthy levels of flexibility of selected joints of the body
4. Recognize and understand the benefits of healthy levels of body composition

COGNITIVE CONCEPTS

1. Apply the concepts of body awareness, time, space, direction, and force to the movement
2. Explain and apply the essential steps in learning motor skills
3. Explain and apply appropriate rules and strategies when participating in physical activities
4. Describe the effects of activity and inactivity and formulate examples of lifestyle choices that result in the development and maintenance of health-related fitness

PERSONAL & SOCIAL CONCEPTS

1. Demonstrate appropriate behavior in response to the relationships with others that result from participation in physical activities
2. Value physical activity and its contribution to lifelong health and well-being.

PHYSICAL & FITNESS ACTIVITIES

Physical activities will include: leg stretches, leg lifts, arm stretches, arm circles, sit-ups, pushups, jumping jacks, windmills, squats, burpees, lunges, wall-sits, tricep dips, curls, mountain climbs, planks, superman, ankle touches, calf raises, toe-touches, run/jog in place, bicycle, pull-ups.

Fitness activities will include the following: power walking, jogging, running, jump rope, hula-hoops, and strength/endurance exercises.

Activities identified as a team, individual, and dual sports include: volleyball, soccer, basketball, hockey, baseball/softball, badminton/tennis, flag football, kickball, mat-ball, 3-ball, capture the flag, dodgeball, and bombardment.

LESSONS

PK-2: scooter hockey, scooter races, obstacle courses, bean bags, parachute, soccer, tee-ball, basketball, football, physio ball, cones up/cones down, beach volleyball, baton races, sharks & minnows, bowling, red light/green light, balance beam/domes, musical hoops, freeze dance, ball movement

3-10: fitness spots/circuit training, soccer basketball, bombardment, dodgeball, capture the flag, flag tag, flag football, runners and chasers, tug of war, field day activities, around the wagon, survival, soft frisbees, jump rope, 4 square, kickball, mat-ball, 3-ball, baseball/softball, beach volleyball, volleyball, badminton, tennis, cornhole (bags), wall ball, bocce ball, red rover, minefield, parachute, sharks & minnows, scooter relays, scooter hockey, soft polo hockey, bowling, baton races, gaga ball

CORE LESSON PLANS

We will try to primarily focus on the core lesson plans in physical education. These are essential in team building and skill development.

Soccer

- Passing
- Dribbling
- Trapping
- Throw-in
- Goaltending
- Corner Kick
- Punting
- Defensive play
- Positioning and Game Strategy

Volleyball

- Underhand pass (bump)
- Underhand/Overhand serve
- Set
- Spike
- Control dribble
- Cross-over dribble
- Speed dribble
- Jump stop & pivot
- Chest pass
- Bounce pass
- Overhand pass
- Lay-ups
- One-hand set shot
- Shooting games

Basketball

Baseball/Softball/Kickball/Matball

- Throwing
- Catching
- Hitting
- Fielding

Flag Football

- Passing
- Catching
- Running
- Throwing
- Offensive Plays
- Defensive Plays
- Game Strategies

Soft Polo Hockey/Scooter Hockey

- Stickhandling
- Shooting
- Passing
- Goalkeeping
- Game strategies

Badminton/Speedminton/Tennis

- Serve
- Forehand volley
- Backhand volley
- Lob
- Drop shots
- Game strategies

PHYSICAL EDUCATION GYMNASIUM SAFETY RULES (PK-10):

1. No pushing, wrestling, or similar rough play.
2. Proper athletic shoes must be worn.
3. No gum, candy, cough drops, etc. during gym activity.
4. Jewelry and watches should not be worn during gym activity.
5. Instill common sense behavior.
6. No climbing on bleachers, basketball or soccer goals, baseball backstops, or fences.
7. Students must be engaged in proper pre-class activity upon entering the gym.
8. Students will use the equipment for its intended purpose as directed by the teacher.
9. Students will use physical education equipment and facility when properly supervised by the teacher.
10. Water bottles must be labeled if you choose to bring one. Fountains are to be used for refill purposes only.

MIDDLE/HIGH SCHOOL LOCKER ROOM SAFETY RULES:

1. Each student will have the option to purchase a lock to store their belongings. The student is responsible for keeping track of their combination.
2. Keep your locker locked at all times, including while you are in class.
3. No pushing, wrestling, or similar dangerous play.
4. To avoid injury and locker damage, locker doors should not be slammed.
5. No climbing on lockers or other facilities.

STUDENT EXPECTATIONS:

1. Students must participate in class. It is not enough to just dress out.
2. Students must be in the gym on the black line when the class period begins.
3. All students must dress in proper P.E. attire; failure to have the complete uniform will result in a "Missing Assignment" for the day.
4. Use school equipment with respect.
5. Students may not leave the assigned area without the permission of the teacher.
6. All general school rules are to be followed at all times.