

ST. JOHN'S EVANGELICAL LUTHERAN SCHOOL
Curriculum in Physical Education

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?
You are not your own; you were bought with a price. Therefore honor God with your bodies.*

I Corinthians 6:19-20

Scriptural Rationale:

We believe physical education is a part of the child's overall education that is accomplished through the God-given ability of movement. Our physical education curriculum helps students understand the God-given ability of movement. Specifically, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle.

General Objectives:

Through a study of physical education students will:

- ✦ Understand our bodies are temples of the Holy Spirit and developing our physical skills builds up the temple.
- ✦ Follow Jesus' example by treating others with love and respect.
- ✦ Learn that whatever we do, we do it all to the glory of God.

Grade-Specific Measurable Objectives:

Grades K3-K4 students will participate in physical education in units with the following objectives:

Unit

Unit P-1: Good Vibrations

Objectives

Movement readiness, rhythm, balance, creative expression, general coordination

Unit

Unit P-2: Movin' Magic

Objectives

Body and spatial awareness, locomotor and non-locomotor skills, gross motor coordination, directionality, laterality, levels, pathways, rates of movement, body identification, creativity, problem solving

Unit P-3: Let's Play!

Independent movement choice, locomotor skills, spatial awareness, small and large object manipulation, hand-eye and foot-eye coordination, throwing, accuracy, agility, fleeing, chasing

Unit P-4: Beanbag Bonanza

Small object manipulation, hand-eye coordination, tracking, fine motor control, grasping, tossing, catching, accuracy

Unit P-5: Hoop Hoopla

Large object manipulation, gross motor coordination, body and spatial awareness, tracking, balance, rhythm

Unit P-6: Perpetual Parachute

Group cooperation, listening skills, general coordination, locomotor and non-locomotor skills, strength, creative movement

Unit P-7: Kiddie Stunts

Gross motor coordination, body and kinesthetic awareness, balance, strength, creative movement

Unit P-8: Up, Up, and Away

Hand-eye coordination, tracking, fine and gross motor coordination, striking skills

Unit P-9: Rowdy Ropes

Balance, rhythm, strength, endurance, problem solving

Unit P-10: Hold It, Catch It

Small and large object manipulation, hand-eye coordination, tracking, dribbling, tossing, catching, throwing, accuracy

Unit P-11: Silly Scarves and Streamers

Hand-eye coordination, tracking, gross motor coordination, rhythm, creativity, self expression

Unit

Unit P-12: Fancy Feet

Unit P-13: Dynamic Duo

Grade K5 students will ...

Content Area

Locomotor Skills

Objectives

Foot-eye coordination, gross motor coordination, striking skills

Cooperative skill development, hand-eye coordination, tracking, small object manipulation, fine motor control, grasping, tossing, catching, accuracy

Objectives

Develop mature form when skipping, hopping, galloping, sliding, etc (Games Units)

Travel fast and slow, using different pathways, changing directions in response to a signal or obstacle using a variety of locomotor skills (Games Units)

Repeat a dance pattern without cues (Dance Unit)

Perform tumbling activities, including rolls, jumps and weight transfer skills (Tumbling Unit)

Develop muscular strength as they choose to be physically active at recess and outside of school and physical education class. Activities to improve upper body strength include climbing, momentary body support on the hands, hanging, horizontal ladder, traverse wall. (Ongoing throughout year)

Engage in a series of physical activities without tiring easily (Ongoing throughout year)

Sustain activity for increasingly longer periods of time while participating in various activities in physical education (Ongoing throughout year)

Throw a ball underhand using mature form (Throwing/Catching Units)

Content Area

Manipulative Skills

Objectives

Throw a ball overhand (Throwing/Catching Units)

Control an object using feet, hands, or implement to a target (Organized Games Units)

Perform a variety of jump rope skills, including individual, partner, and long rope skills (Ropes Units)

Non-Locomotor Skills

Do a daily warm up of stretches, strength and balancing (Daily routines/Warm-ups)

Balance with a variety of body parts or objects in creative shapes-round, twisted, narrow, symmetrical, and asymmetrical shapes (Bean Bags and Silly Scarves Units)

Cognitive Skills

Identify correct body planes and various body parts (Integrated throughout curriculum)

Recognize appropriate safety practices with and without physical education equipment (Integrated throughout curriculum)

Learn that their best effort is shown by trying new or hard tasks (Integrated throughout curriculum)

Repeat cue words for skills being taught and demonstrate/explain what is meant by each (Integrated throughout curriculum)

Correct movement errors in response to corrective feedback. (Integrated throughout curriculum)

Learn the short term effects of physical activity on the heart, lungs, and muscles. (Integrated throughout curriculum)

Content Area

Cognitive Skills (cont.)

Objectives

Learn that appropriate practice improves performance (Integrated throughout curriculum)

Participate in games and activities that use academic and health skills to enhance learning (Integrated throughout entire K5 curriculum)

Choose to be physically active (Ongoing throughout year):

Engaging in active play at recess (Class discussions about recess activities)

Participating in physical activities outside of school, with and without objects such as balls, jump ropes, frisbees (Class discussions about weekend activities)

Participate in non-structured and minimally organized physical activities outside of physical education (Class discussions about recess and weekend activities)

Begin to manage healthy physical activity (Ongoing throughout year):

Begin to identify muscle groups used in activities.

Participate in a variety of activities and games that increase breathing and heart rate.

Recognize that health-related physical fitness consists of several different components.

Content Area

Safe Practices, Sports Etiquette, and Sports Enjoyment

Objectives

Incorporate safe practices and adherence to rules and procedures (Ongoing throughout year):

Practice specific skills as assigned until teacher signals the end of practice
Follow directions given to the class for an all-class activity
Use safety procedures and gain an understanding of why we look to be safe.
Reports the results of work honestly
Enjoy participating alone while exploring movement tasks
Follow rules, procedures, and etiquette in class
Work independently, productively, and demonstrate a willingness to challenge self

Demonstrate teamwork, ethics, and positive social interaction (Ongoing throughout year):

Show cooperation and fair play for others by helping, sharing, and taking turns.
Participate in a variety of cooperative activities.
Work in a diverse group setting without interfering with others.
Accept all playmates without regard to personal differences. (ethnicity, gender, disability)
Demonstrate the elements of socially acceptable conflict resolution during class activity.
Regularly encourage others and refrain from negative statements.

Participate in new movements and skills for enjoyment (Ongoing throughout year):

Share verbal and nonverbal indicators of enjoyment
Attempt new movements and skills willingly
Participate even when non-successful
Identify several activities that are enjoyable
Express personal feelings on progress made while learning a new skill

Grade 1 students will ...

Content Area

Physical Development

Objectives

Perform locomotor movements such as walking, running, leaping, hopping, jumping, galloping, sliding, skipping, and pivoting.

Perform non-locomotor movements such as bending, stretching, turning, shaking, pushing, pulling, and swaying.

Travel fast and slow, using different pathways, changing directions in response to a signal or obstacle using a variety of locomotor skills.

Perform tumbling activities, including rolls, jumps, and weight transfer skills.

Control an object using feet, hands, or implement to a target (dribble, throw, catch, kick, and strike).

Perform a variety of jump rope skills, including individual, partner, and long rope skills.

Participate in games and activities that use academic and health skills to enhance learning.

Participate in cooperative activities.

Strike an object using feet, hands, or implement to a target. Examples include: volleyball, baseball, kickball.

Throw a ball both overhand and underhand using proper form.

Perform basic track skills: sprinting (short distances), running (long distances), jumping rope, softball throw, standing long jump and running long jump.

Content Area
Social Development

Objectives

Follow Jesus' example by treating others with love and respect.

Follow activity-specific rules, procedures, and etiquette with little or no reinforcement.

Use equipment and space safely and properly.

Develop positive self-management and social skills needed to work independently and with others in physical activity settings.

Respond to winning and losing with dignity and understanding.

Demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encouraging others, allowing others equal turns, and inviting others to participate.

Accept the teacher's decision regarding a personal rule infraction without displaying negative reactions towards others.

Demonstrate acceptance of the skill and ability of others through verbal and nonverbal behavior learns the benefits of practice.

Understand physical fitness is an important component to caring for our God-given bodies.

Celebrate personal successes and achievements as well as those of others.

Grade 2 students will participate in physical education in units with the following objectives:

Unit

Unit 2-1: Short Jump Rope Skills

Objectives

Short jump rope skills

Unit 2-2: Basic Tumbling Skills

Basic tumbling skills (forward roll, backward roll, 3-point balance)

Unit 2-3: Long Jump Rope Skills

Long jump rope skills

Unit 2-4: Basic Locomotion Skills

Basic locomotion skills (skip, gallop, slide, hop, and crab walk)

Unit 2-5: Hula Hoop Skills

Hula hoop skills

Unit 2-6: Basic Basketball Skills

Basic basketball skills (passing, dribbling, basic rules)

Unit 2-7: Basic Baseball Skills

Basic baseball skills (throwing, catching, batting, basic rules)

Unit 2-8: Basic Soccer Skills

Basic soccer skills (dribbling, passing, basic rules)

Grade 3 students will ...

Unit

Unit 3-1: Scooters

Objectives

Use scooters to get an aerobic workout.
Use partners for group activities using the scooters.
Show Christian sportsmanship.

Unit 3-2: Reaction Balls

Use reaction balls to increase reaction time after they are thrown against the wall.
Play team games using the reaction balls.
Get an aerobic workout using the ball by constantly throwing and catching.

Unit

Unit 3-3: Jump Rope Skills

Objectives

Demonstrate proper jump rope skills.
Use jump ropes for an aerobic activity.
Use skills learned for a life long love of movement.

Unit 3-4: Ultimate Frisbee

Use Frisbees to show proper throwing techniques.
Learn the game ultimate Frisbee after mastering throwing techniques.
Utilize strategies for scoring points.

Unit 3-5: Scoops

Discover proper throwing and catching of scoops.
Use scoops to play a game.
Utilize team strategies to score points.

Unit 3-6: Steps

Discover the love of movement.
Use steps to be able to raise heart rate.
Use steps for a 30 minute aerobic activity.

Unit 3-7: Hockey

Recognize the proper way to hold and hit with the sticks.
Demonstrate team play.
Use hockey as an aerobic activity.

Unit 3-8: Beach Volleyball

Use a beach ball to teach the basic rules of volleyball.
Utilize team players to pass the ball.
Show proper hitting and serving techniques.

Unit 3-9: Cross Country

Exhibit proper stretching techniques.
Elevate heart rate for an aerobic workout.
Use skills learned for a life long love of running.

Grade 4 students will achieve the following general and specific objectives:

General Objective

Participate regularly in physical activity

Specific Objectives

Apply understanding of relationships between body parts, objects, and people during physical activity.

Demonstrate movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities:

- Spatial Awareness
- Personal Space
- General Space
- Boundaries
- Levels of Movement
- Pathways
- Directions

Demonstrate various motor skills and movement patterns:

- Walking
- Running
- Galloping
- Side-Sliding
- Hopping
- Skipping
- Leaping
- Chasing and Fleeing

Demonstrate body management:

- Balancing
- Jumping/Landing
- Weight Transfer

General Objective

Achieves and maintains a health-enhancing level of physical fitness

Personal and social behavior

Value physical activity

Specific Objectives

Participate in a variety of activities that increase breathing and heart rate.

Sustain activity for increasingly longer periods of time throughout the year.

Recognize that health-related physical fitness consists of 5 different components.

Participate in selected activities that develop and maintain each component of fitness.

Demonstrate responsible personal/social behavior during PE.

Use equipment safely.

Demonstrate elements of appropriate conflict resolution during PE.

Demonstrate ability to teach an activity or skill to others.

Regularly encourage others and refrains from put-downs.

Cooperate with other students in pairs, small groups, and large groups.

Able to accomplish group goals in both cooperative and competitive activities.

Try new movements and skills, and persist if not successful on first try.

Choose to practice skills needing improvement.

Exhibit ways to use the body and movement to express self.

Seek personally challenging experiences in PA opportunities.

Work with others to achieve a common goal.

Grade 5 students will ...

Content Area

Leading an Active Lifestyle

Objectives

Establish personal physical activity goals.

Participate at least three times a week in physical activities that contribute to the attainment of and maintenance of personal physical activity goals.

Explore personal interests in a variety of new physical activities both in and out of the physical education class.

Describe the relationship between a healthy lifestyle and simply “feeling good.”

Physical Skill Development

Develop beginning strategies for competitive and noncompetitive games such as using basic offensive and defensive strategies in a modified version of a team sport.

Demonstrate increasing competence in more advanced specialized physical skills.

Explain how people can enjoy an activity if they are not gifted athletes.

Learning Skills

Identify and apply principles of practice and conditioning to enhance performance such as understanding that conditioning will allow one to play for longer periods of time without fatigue.

Identify the characteristics of highly skilled performance in movement forms such as describing the characteristics that enable success in passing and spiking after observing a team of skillful volleyball players.

Understanding Physical Activity and Well Being

Feel satisfaction when engaging in physical activity.

Recognize the social benefits of participation in physical activity such as the joy of participating with a team and sensing team fulfillment.

Enjoy learning new activities.

Recognize physical activity as a vehicle for self-expression.

Health-Enhancing Fitness

Participate in a variety of health-related activities in both school and non-school settings in order to maintain a record of moderate to vigorous activity.

Assess physiological indicators of exercise during and after physical activity.

Meet health-related fitness standards.

Content Area

Respectful Behavior

Objectives

Identify positive and negative peer influence.

Solve problems by analyzing causes and potential solutions.

Make choices based on the safety of self and others.

Consider the consequences when confronted with a behavior choice.

Resolve interpersonal conflicts with a sensitivity to rights and feelings of others; find positive ways to exert independence.

Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.

Understanding Diversity

Recognize the role of sports, games, and dance in modern culture.

Identify behaviors that are supportive and inclusive in physical-activity settings.

Display sensitivity to the feelings of others during interpersonal interactions.

Respect the physical and performance limitations of self and others.

Grade 6 students will, through participation in a variety of team sports and physical activities, will ...

Content Area

Psychomotor Skills

Objectives

Gain muscular endurance, strength, cardio-respiratory ability, flexibility, agility, power, coordination, speed and balance.

Acquire skills in throwing, catching, kicking, striking, rolling, dribbling, shooting, passing and rebounding.

Actively participate.

Affective Skills

Develop personal living skills of respect for others, leadership, followership, risk-taking and initiative.

Appreciate the concepts of teamwork and cooperation.

Improve emotional and physical well being.

Understand fitness as a part of one's lifestyle.

Give thanks for the individual skills of self and others.

Grade 7-8 students will ...

Unit

Unit 7/8-1: Cross Country

Objectives

Learn the basics of proper stretching.
Learn how to pace in a running situation.
Recognize the importance of increased heart rates.
Identify a cool down method.

Unit 7/8-2: Tchoukball

Learn the basic rules of the game.
Know different strategies for scoring points.
Use strategies for scoring points.
Determine team play.

Unit 7/8-3: Soccer

Know the basic rules of soccer.
Use team to score goals.
Demonstrate Christian play.

Unit 7/8-4: Hockey

Learn the basic rules.
Recognize the importance of teamwork.
Show the love of Christ in play.

Unit 7/8-5: Badminton

Demonstrate the importance of proper hits
Know the basic rules for scoring
Play with other students in a doubles situation

Unit 7/8-6: Frisbee Golf

Use this activity to create an aerobic activity in which the students run/jog through the course.
Show the proper methods for throwing.
Demonstrate Christian play.

Unit

Unit 7/8-7: Scoops

Objectives

Learn how to catch and throw the ball using the scoops.
Utilize players on the same team to score points.
Learn the basic rules of the game.
Show Christian sportsmanship.

Unit 7/8-8: Step Aerobics

Develop an attitude for the love of movement.
Learn to move continuously for 40 minutes.
Continue with this love of movement later in life.

Unit 7/8-9: Pickle Ball

Use some of the same skills learned in badminton to play pickle ball.
Learn proper hitting techniques.
Utilize rules to be able to score and play with a partner.