

Physical Education Curriculum

Grades K-3

Grade Level Goals:

Students will:

1. Develop the various skills of physical activity/sports/games.
2. Identify equipment used in sports/games.
3. Become familiar with rules associated with sports/games.
4. Gain knowledge of sports/games through participation.
5. Practice and observe safety procedures.

Grade Level Content:

1. Jumping rope, skipping
2. Movement of body through obstacle course
3. Throw/catch/hit
4. Running
5. Dribbling soccer ball and basketball
6. Movement
7. Track and field events

Physical Education

Grades 4-5

Grade Level Goals:

1. Develop the various skills of physical activity/sports/games.
2. Identify equipment used in sports/games.
3. Become familiar with rules associated with sports/games.
4. Demonstrate knowledge of sports/games through participation.
5. Practice and observe safety procedures.

Grade Level Content:

1. Long distance running
2. Short distance running
3. Obstacle course/track and field
4. Tumbling
5. Football
6. Team sports
7. Passing skills
8. Basketball
9. Softball

Physical Education

Grades 6-8

Grade Level Goals:

Students will:

1. Develop the various skills of physical activity/sports/games.
2. Identify equipment used in sports/games.
3. Become familiar with rules associated with sports/games.
4. Demonstrate knowledge of sports/games through participation.
5. Practice and observe safety procedures.

Grade Level Content:

1. Long-distance running
2. Short-distance running
3. Fitness/aerobics
4. Tumbling
5. Football
6. Team sports
7. Track and field
8. Basketball
9. Softball/baseball
10. Soccer