

Curriculum at a Glance

Physical Education

Grades K-2

The elementary school Physical Education curriculum is formed around the Shape America National Standards. In each unit of study students will work cooperatively to progress and enhance their knowledge in the various areas of physical activity and fitness. The focus of the K-2 curriculum is on locomotor, non-locomotor, and manipulative skills. The focus is on moving within general space and personal space. Students move in expressive and creative ways. Students will also expand their movement skills to include a variety of movement concepts, such as, directions, speeds, levels and pathways. To enhance their social and personal development, children learn to share, cooperate, take turns, and experience personal success through movement.

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Name/Description	Content and/or Skills
Class Expectations/Sub Games	<ol style="list-style-type: none">1. Rules & expectations in PE2. Assign individual spots for warm-ups3. Review and practice emergency drills and protocol4. Sports etiquette & sportsmanship5. Practice games to be played when there is a substitute teacher

Locomotor Skills/ Non-locomotor	<ol style="list-style-type: none">1. Walking2. Running3. Skipping4. Jumping5. Hopping6. Leaping7. Galloping8. Sliding9. Tempo: slow, medium, fast10. Directions: Backward, forward, sideways11. Movements while remaining stationary; bending, swaying, pushing, pulling, changing levels, tempo
Spatial Awareness	<ol style="list-style-type: none">1. Moving safely in the general space2. Being aware of personal space
Tag Games	<ol style="list-style-type: none">1. Learning to move safely in the general space while chasing, dodging and fleeing2. Learning to put on flag belts3. Moving with face looking straight ahead4. Learning to “freeze” when whistle is blown

<p>Parachute</p>	<ol style="list-style-type: none"> 1. Students learn and practice self-control for when to pick up the parachute 2. Students learn levels: low, middle and high for certain activities 3. Students work together to create various shapes with the parachute such as the mushroom and the mountain 4. Students work together to use a variety of locomotor skills to move the chute vigorously 5. Designated students move around and under the parachute to exchange places with other 6. Students learn color recognition with parachute activities 7. Students move the parachute vigorously and attempt to “pop popcorn” with yarn balls 8. While most students shake the chute a “cat” crawls on top to find a “mouse” crawling under the parachute 9. While most students shake the chute to create an “ocean” designated “sharks” move under it and “bite” (touch the ankles of) “swimmers” and “lifeguards” are standing by to rescue
<p>Manipulatives</p>	<ol style="list-style-type: none"> 1. Scooters: safety rules taught first; scooter relay challenges, scooter tag games, scooter sport games and scooter exercise circuits 2. Scarves: students learn simple exercise of “toss-toss-catch” using hands interchangeably; perform locomotor and nonlocomotor movement patterns 3. Beanbags: students perform locomotor and nonlocomotor movement patterns with a beanbag; students toss and catch with two hands; students toss and catch with one hand; students toss and clap and catch; students toss, spin and catch; pairs cooperate to pass a beanbag side to side then overhead and between legs 4. Hula Hoops: students learn to move safely in personal while “driving a car” in hula hoop; students practice hula hooping around around waist, arms and neck 5. Speed Stacks: group aerobic activities stacking up and down; individual stacking simple 3-6-3
	<ol style="list-style-type: none"> 1. Students are taught the basic technique of throwing: POINT TO TARGET- “L” in the elbow- STEP IN OPPOSITION-THROW 2. Pairs practice rolling a ball back and forth, first with two hands and then with one 3. Students underhand throw balls and beanbags to hoop targets 4. Bowlers roll a ball trying to topple bowling pins 5. Pairs practice underhand and overhand throws, two and one hand catches, and respond to challenges 6. Pairs catch underhand throws while trying to keep their feet inside a hoop

	<ol style="list-style-type: none"> 7. Students practice throwing beanbags and balls overhead to improve technique and distance 8. Two groups throw yarn balls into the other's space to "keep their yard clean!"
Jumping Rope	<ol style="list-style-type: none"> 1. Students practice vertical jumps on poly spots 2. Students practice different jumps and movement skills over ropes laid on the floor in straight lines, circles... 3. Students learn proper way to hold the jump rope with palms up 4. Students learn to jump straight as an arrow and land light as a feather 5. Students learn timing by "trapping" the rope with their feet once they get it overhead 6. Partners practice running under the jump rope while it is in the air being turned by two players 7. Partners practice turning a long rope together as a lead-up to turning for a jumper 8. Students continue their long rope progression, now jumping into a moving rope turned by others
Kicking/ Trapping	<ol style="list-style-type: none"> 1. Students explore dribbling and controlling a ball with their feet "soccer-style" 2. Students practice dribbling around obstacles with their feet 3. Pairs roll, pass, and trap the ball back and forth 4. Students play "Pest" and try to "steal" a ball with feet from other players while dribbling 5. Students dribble and pass their balls through "tunnels" (other students legs) for accuracy 6. Pairs alternate kicking for distance and retrieving their partners' ball 7. Pairs alternate kicking for accuracy through a goal
Dance	<ol style="list-style-type: none"> 1. The bunny hop 2. The Mexican Hat Dance 3. The Hokey Pokey 4. The Wobble 5. The Macarana
Dribbling	<ol style="list-style-type: none"> 1. Students practice bouncing and catching a ball 2. Students practice dribbling a ball with two hands, then one

Volleying	<ol style="list-style-type: none"> 1. Students practice volleying and striking balloons and or beachballs and large, light weight volleyballs with various body parts 2. Individuals and then pairs and groups practice volleying and striking balloons/beach balls over a low and high volleyball net
Striking	<ol style="list-style-type: none"> 1. Straddleball: Groups of 8-10 attempt to score a goal by striking a ball through the legs of others 2. Striking with paddles: students practice striking balloons and balls using lollipop paddles
Modified Games	<ol style="list-style-type: none"> 1. Intro to soccer 2. Intro to basketball 3. Intro to volleyball 4. Intro to hockey 5. Intro to kickball 6. Intro to 2-Square and 4-Square 7. Intro to Wallball 8. Monkey in the Middle 9. Hopscotch 10. Tetherball
Field Day Preparation	<ol style="list-style-type: none"> 1. Field Day procedures and expectations 2. Games 3. Stations 4. Sportsmanship