

CURRICULUM GUIDE

Physical Education

Physical development programs offer students the opportunity to grow physically, emotionally, socially, and academically. This contributes to academic success and life long healthy living styles.



KINDERGARTEN

Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity. (State Goal 19).

Students will develop movement skills related to physical activity.

Students will be able to:

- Develop loco motor, non-loco motor and manipulative skills.
- Explore spatial awareness and relationships to objects and others.
- Show knowledge of rules and safety during activities.

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. (State Goal 20).

Students will achieve and maintain a healthy level of physical fitness.

Students will be able to:

- Experience and recognize the effects of moderate to vigorous physical activity.
- Participate in sustained moderate to vigorous physical activity that promotes cardiovascular endurance, muscular strength, and range of motion.

Develop team-building skills by working with others through physical activity. (State Goal 21).

Students will develop team building skills.

Students will be able to:

- Follow directions and class procedures while participating in physical activities.
- Apply proper safety precautions during physical activities with peers.

Physical Education

FIRST GRADE

Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity. (State Goal 19).

Students will develop movement skills related to physical activity.

Students will be able to:

- Perform loco motor, non-locomotors, and manipulative skills.
- Combine loco motor and manipulative skills.
- Demonstrate spatial awareness and relationships to objects and others.
- Show knowledge of rules and safety during activities.
- Sequence simple combinations of fundamental loco motor and non-loco motor movements.
- Understand and perform simple skills relating to various sports and activities.



Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. (State Goal 20).

Students will achieve and maintain a healthy level of physical fitness.

Students will be able to:

- Experience and recognize the effects of moderate to vigorous physical activity.
- Participate in sustained moderate to vigorous physical activity that promotes cardiovascular endurance, muscular strength, and range of motion.
- Identify components of health-related fitness
- Improve upon one area of health-related fitness

Develop team-building skills by working with others through physical activity. (State Goal 21).

Students will develop team building skills.

Students will be able to:

- Follow directions and class procedures while participating in physical activities.
- Apply proper safety precautions during physical activities with peers.
- Work cooperatively with others to accomplish assigned tasks

SECOND GRADE

Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity. (State Goal 19).

Students will develop movement skills related to physical activity.

Students will be able to:

- Develop loco motor, non-loco motor and manipulative skills.
- Demonstrate spatial awareness and relationships to objects and others.
- Show knowledge of rules and safety during activities.
- Sequence simple combinations of fundamental loco motor and non-loco motor movements.
- Determine several skills and apply them to various sports and activities.



Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. (State Goal 20).

Students will achieve and maintain a healthy level of physical fitness.

Students will be able to:

- Experience and recognize the effects of moderate to vigorous physical activity.
- Participate in sustained moderate to vigorous physical activity that promotes cardiovascular endurance, muscular strength, and range of motion.
- Understand how to improve their fitness level.

Develop team-building skills by working with others through physical activity. (State Goal 21).

Students will develop team building skills.

Students will be able to:

- Follow directions and class procedures while participating in physical activities.
- Apply proper safety precautions during physical activities with peers.
- Work cooperatively with others to accomplish assigned tasks

LAKEVIEW JUNIOR HIGH SCHOOL

TEAM SPORTS

State Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

State Goal 21: Develop Team-building skills by working with others through physical activities.

- Students will be able to demonstrate basic loco-motor and non loco-motor skills in a variety of sports and activities.
- Students will be able to follow rules while participating in a wide variety of sports and games.
- Students will practice offensive and defensive strategies during games and sports.
- Students will demonstrate cooperation and proper sportsmanship while respecting others.

Students will participate in the following team sports:

- Field Hockey/Floor Hockey
- Football
- Basketball
- Soccer
- Softball/Whiffleball
- Volleyball

INDIVIDUAL SPORTS

State Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

- Students will be able to understand the importance of participating in lifelong activities.
- Students will develop eye-hand coordination during a variety of activities.
- Students will demonstrate rules and strategies while participating in a variety of activities.
- Students will demonstrate cooperation and proper sportsmanship while respecting others.

Students will participate in the following individual sports:

- Table Tennis
- Pickle ball
- Badminton
- Track and Field
- Bowling
- Golf
- Skiing
- Rollerblading



Physical Education

FITNESS

State Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self assessment.

- **State Goal 21: Develop Team-building skills by working with others through physical activities.** Students will be able to monitor the intensity of exercise through a variety of methods.
- Students will be able to identify and apply the principals of training: "F.I.T.T." (Frequency, Intensity, Time, Type) **8th Grade Only**
- Students will participate in moderate to vigorous activity in a variety of settings.
- Students will participate bi-annually in the Presidential Fitness Testing Program.
- Students will be able to apply rules and safety procedures for fitness.



Students will participate in the following fitness activities:

- Strength/Resistance Training
- Running/Jogging
- Step Aerobics
- Jump Roping
- Circuit Training
- Fitness Games

DANCE

State Goal 21: Develop Team-building skills by working with others through physical activities.

- Students will be able to demonstrate a variety of dance sequences.
- Students will be able to demonstrate proper etiquette when performing a variety of dances.
- Students will be able to demonstrate dance techniques using a variety of rhythms.

Students will participate in the following dance styles:

- Square Dance (6th/ 7th grade only)
- Line Dance (6th/ 7th grade only)
- Ballroom Dance (8th grade only)