

Lower School Course Outline Pre-Kindergarten

Subject: Physical Education



Introduction:

Physical Education in pre-kindergarten is focused on the development of locomotor and manipulative skills. These skills are introduced in the form of games and play.

Content:

Team Sport Skills:

Students participate in lead-up games and relays that strengthen the team sport skills. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in gymnastics, jogging, lifetime sports, and Frisbee activities on an individual or dual basis.

Fitness and Conditioning:

Students engage in fitness and conditioning through warm-up exercises, dance and rhythmic activities, obstacle courses, and stretching.

Creative Movement:

Students explore creative movement through participation in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CD's, tapes, and athletic equipment are used.

Evaluation Process:

Students are evaluated based upon the development of motor, cognitive, and social skills.

Lower School Course Outline Kindergarten

Subject: Physical Education

Introduction:

Physical Education in Kindergarten is focused on the development of locomotor and manipulative skills. These skills are introduced in the form of games and play.

Content:

Team Sport Skills:

Students participate in lead-up games and relays that strengthen the team sport skills. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in gymnastics, jogging, lifetime sports, and Frisbee activities on an individual or dual basis.

Fitness and Conditioning:

Students engage in fitness and conditioning through warm-up exercises, dance and rhythmic activities, obstacle courses, and stretching.

Creative Movement:

Students explore creative movement through participation in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the development of motor, cognitive, and social skills.

Lower School Course Outline First Grade

Subject: Physical Education

Introduction:

Physical Education in First Grade is focused on the development of locomotor and manipulative skills. These skills are introduced in the form of games and play.

Content:

Team Sport Skills:

Students participate in lead-up games and relays that strengthen the team sport skills. A spirit of cooperation and good sportsmanship is encouraged

Individual and/or Dual Skills:

Students participate in gymnastics, jogging, lifetime sports, and Frisbee activities on an individual or dual basis.

Fitness and Conditioning:

Students engage in fitness and conditioning through warm-up exercises, dance and rhythmic activities, obstacle courses, and stretching.

Creative Movement:

Students explore creative movement through participation in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the development of motor, cognitive, and social skills.

Lower School Course Outline Second Grade

Subject: Physical Education

Introduction:

The focus of Physical Education in the Second Grade is on the development of locomotor and manipulative skills. Team and cooperative games are introduced as these skills develop. A lifelong love for physical activity is encouraged.

Content:

Team Sport Skills:

Students participate in lead-up games and relays that strengthen the team sport skills. Students participate in team sports including soccer, basketball, Pillo Polo, and flag football. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in an individual or dual setting in activities such as gymnastics, jogging, lifetime sports, Frisbee, and circuits.

Fitness and Conditioning:

Student fitness and conditioning occurs in the form of warm-up exercises, dance and rhythmic activities, obstacle courses, and stretching, jogging, and physical fitness testing.

Creative Movement:

Students explore creative movement while participating in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the teacher's observation of the development of motor, cognitive, and social skills.

Lower School Course Outline Third Grade

Subject: Physical Education

Introduction:

The focus of Physical Education in the Third Grade changes from the development of locomotor and manipulative skills to incorporating team and cooperative games. A lifelong love for physical activity is encouraged.

Content:

Team Sport Skills:

Students participate in team sports including soccer, basketball, Pillo Polo, T-ball, volleyball, flag football, wiffle ball and speedball. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in an individual or dual setting in activities such as gymnastics, jogging, lifetime sports, Frisbee, and circuits.

Fitness and Conditioning:

Student fitness and conditioning occurs in the form of warm-up exercises, dance and rhythmic activities, obstacle courses, stretching, jogging, and physical fitness testing.

Creative Movement:

Students explore creative movement while participating in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the teacher's observation of the development of motor, cognitive, and social skills. Participation and physical fitness are also considered.

Lower School Course Outline Fourth Grade

Subject: Physical Education

Introduction:

The focus of Physical Education in the Fourth Grade continues to change from the development of locomotor and manipulative skills to incorporating team and cooperative games. A lifelong love for physical activity is encouraged.

Content:

Team Sport Skills:

Students participate in team sports including soccer, basketball, Pillo Polo, T-ball, volleyball, flag football, wiffle ball, speedball, and lacrosse. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in an individual or dual setting in activities such as gymnastics, jogging, lifetime sports, Frisbee, and circuits.

Fitness and Conditioning:

Student fitness and conditioning occurs in the form of warm-up exercises, dance and rhythmic activities, obstacle courses, stretching, jogging, and physical fitness testing.

Creative Movement:

Students explore creative movement while participating in movement exploration, dance and rhythmic activities, and rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the teacher's observation of the development of motor, cognitive, and social skills. Participation and physical fitness are also considered.

Lower School Course Outline Fifth Grade

Subject: Physical Education

Introduction:

The focus of Physical Education in the Fifth Grade continues to change from the development of locomotor and manipulative skills to incorporating team and cooperative games. A lifelong love for physical activity is encouraged.

Content:

Team Sport Skills:

Students participate in team sports including soccer, basketball, Pillo Polo, T-ball, volleyball, flag football, wiffle ball, speedball, lacrosse, and softball. A spirit of cooperation and good sportsmanship is encouraged.

Individual and/or Dual Skills:

Students participate in an individual or dual setting in activities such as gymnastics, jogging, lifetime sports, Frisbee, track and field, and circuits.

Fitness and Conditioning:

Student fitness and conditioning occurs in the form of warm-up exercises, dance and rhythmic activities, obstacle courses, stretching, jogging, and physical fitness testing.

Creative Movement:

Students explore creative movement while participating in movement exploration, dance and rhythmic activities, rope skills and jumping.

Materials:

Instructional books, CDs, tapes, and athletic equipment are used.

Evaluation process:

Students are evaluated based upon the teacher's observation of the development of motor, cognitive, and social skills. Participation and physical fitness are also considered.