

Lower School Course Outline

Subject: Physical Education



Introduction:

Physical Education in the Lower School is focused on the development of locomotor and manipulative skills. Team and cooperative games are introduced as these skills develop. Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Content:

Movement Skills:

Students explore creative movement through participation in movement exploration, dance, and rhythmic activities. Students will also practice movement skills in game play.

Hand-Eye-Foot Coordination:

Students will practice throwing, tossing, and catching skills. Students will show the progression of these skills and apply them in game situations.

Team Sport Skills:

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

Fitness and Conditioning:

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

Project Adventure:

Students will learn team building, motor skill development, and practice various skills to increase overall physical competence.

Materials:

Instructional books, physical education websites, multimedia resources, and athletic equipment are used.

Evaluation Process:

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