

Kindergarten-Second Grade Physical Education Curriculum 1st 16 weeks (semester 1)

First 2 weeks the students will go through pre-testing of the presidential fitness tests of: push-ups, sit-ups, pull-ups, shuttle run, and half mile run.

Core 1: Students will demonstrate Catholic Values through responsible personal and social behavior and respect the differences among people in physical activities and settings. (Developing diversity, personal and social skills)

Students will be able to develop leadership skills such as (All year) :

- A. Function as a team leader.
- B. Develop the ability to lead AND follow by demonstrating emotional control.
 - Games and activities: Leading the class in prayer.
 - The students must take turns to lead the class in prayer as well as follow another class leader as the prayer is lead.

Students will be able to demonstrate positive attitudes and behaviors such as (**2weeks**):

- A. Demonstrate the ability to take turns
- B. Demonstrate an understanding of sportsmanship by willingly sharing equipment with a partner.
 - Games and activities: Stack cup relays, caterpillar relays, and exercise relays.**
 - The students must take turns, pass equipment and work as a team for the group to function.**

Students will be able to demonstrate emotional control (**2weeks**):

- A. Use constructive means of expressing frustration and enthusiasm
- B. Exhibit emotional control in handling frustration when unable to perform a particular skill or when things do not go as planned.
 - Games and activities: Tag type games such as line tag, freeze tag, noodle tag.**
 - The students will have to show the ability to follow the rules and accept when they have been tagged and how to handle this with proper emotion.**

Students will be able to recognize and accept their own strengths and limitations as well as those of others (**2 weeks**):

- A. Understand that the concept of practice leads to improvement, not necessarily to perfection.
- B. Strive for successful experience based on their individual skill levels.
 - Game and activities: Jump ropes and Hula hoop games.**
 - The students will be able to demonstrate practice based skills and show with practice that they will get better. They will also set goals and try to reach those goals through practice.**

Core 2: Students will demonstrate that physical activity provides the understanding of God's gift of a healthy body, the ability to enjoy a challenge, self-expression and social interaction. (Values and

exercise) The students will be urged to participate in class and in out-of-class physical activities at least 2 times a week. (daily reminders for recess, sporting events and free play)

Core 3: Students will demonstrate competency in many movement forms and proficiency in a few movement forms. **(3 weeks)**

- A. Demonstrate the ability to perform activities involving balance, coordination, agility while utilizing the large muscle groups.
- B. Demonstrate motor skills when dribble larger balls such as basketballs and soccer balls while moving from one end of the court to the other end.

-Games and activities: dribbling 1 basketball in place, movements dribbling, jog dribbling, and weaving dribbling. Soccer ball dribbling in strait line, then weaving around cones, and relay races.

-The students will build off of the skills learned previously with practice and learning how to handle adversity, while building large muscle groups.

Demonstrate the ability to perform movements such as ball handling and passing effectively. **(3 weeks)**

- A. The students will be able to demonstrate combinations of movements, such as walking and running while dribbling a ball and being able to move the ball toward a partner.

-Game and activities: team work with passing soccer balls and basketballs with running and walking movements toward an object.

-Team leaders will lead their teams with passing, catching balls or using their feet properly with soccer balls.

-This will lead into other skill related games such as knock out, with shooting, passing and dribbling. And soccer ball games, such as 2, 3 or 4 ball soccer.

Review **(last 2 weeks of semester)**

- A. The student's will review all of the skills they have learned the first semester as well as do a mid-school year check on the Presidential skills test before Christmas break.
-This will give the students a visual on their strength gains they have received from the first semester of activities and help them develop goals for the rest of the school year.

Third grade- fifth grade Physical Education Curriculum 1st 16 weeks (semester 1)

First 2 weeks the students will go through pre-testing of the presidential fitness tests of: push-ups, sit-ups, pull-ups, shuttle run, and half mile run.

Core 1: Students will demonstrate Catholic Values through responsible personal and social behavior and respect the differences among people in physical activities and settings. (Developing diversity, personal and social skills)

Students will be able to develop leadership skills such as (All year) :

- C. Function as a team leader.
- D. Develop the ability to lead AND follow by demonstrating emotional control.
 - Games and activities: Leading the class in prayer.
 - The students must take turns to lead the class in prayer as well as follow another class leader as the prayer is lead.

Students will be able to demonstrate the use of cooperation and teamwork by performing activities which involve hand eye coordination and partners (**2 weeks**):

- C. Demonstrate the ability to catch and release multiple objects.
- D. Demonstrate an understanding of leadership and the ability to follow at times.
 - Games and activities: Juggling with 2, 3 or 4 balls by themselves or with partners.**
 - The students will juggle 2 and 3 balls alone and 3 and 4 with partners.**

Students will be able to demonstrate emotional control (**4 weeks**):

- C. Use constructive means of expressing frustration and enthusiasm
- D. Exhibit emotional control in handling frustration when unable to perform a particular skill or when things do not go as planned.
 - Games and activities: volleyball, whiffle ball and badminton.**
 - The students will have to show the ability to follow the rules and accept when they may not be able to succeed right away that practice will help.**

Students will be able to recognize and accept their own strengths and limitations as well as those of others (**2 weeks**):

- C. Understand that the concept of practice leads to improvement, not necessarily to perfection.
- D. Strive for successful experience based on their individual skill levels.
 - Game and activities: flag football.**
 - The students will be able to demonstrate practice based skills and show with practice that they will get better. Throwing, catching and running while being spatially aware while keeping balance .**

Core 2: Students will demonstrate that physical activity provides the understanding of God's gift of a healthy body, the ability to enjoy a challenge, self-expression and social interaction. (Values and exercise) The students will be urged to participate in call and in out-of-class physical activities at least 2 times a week. (daily reminders for recess, sporting events and free play)

Core 3: Students will demonstrate competency in many movement forms and proficiency in a few movement forms. **(2 weeks)**

- C. Demonstrate the ability to perform activities involving balance, coordination, agility while utilizing the large muscle groups.
- D. Demonstrate motor skills when dribble larger balls such as basketballs and soccer balls while moving from one end of the court to the other end.

-Games and activities: dribbling 1 basketball in place, movements dribbling, jog dribbling, and weaving dribbling. Soccer ball dribbling in strait line, then weaving around cones, and relay races.

-The students will build off of the skills learned previously with practice and learning how to handle adversity, while building large muscle groups.

Core 4: Students will apply movement concepts and principles to the learning and development of motor skills while achieving practiced cardio routines. (2 weeks)

- B. The students will be able to demonstrate combinations of movements, such as jumping and jogging for periods of time without rest.

-Game and activities: Jumping rope and lengthen out jogging times and distances.

-The students will learn sequentially and progressive ways to help with cardio recovery.

Review **(last 2 weeks of semester)**

- B. The student's will review all of the skills they have learned the first semester as well as do a mid-school year check on the Presidential skills test before Christmas break.
-This will give the students a visual on their strength gains they have received from the first semester of activities and help them develop goals for the rest of the school year.

Middle school Physical Education Curriculum 1st 16 weeks (semester 1)

First 2 weeks the students will go through pre-testing of the presidential fitness tests of: push-ups, sit-ups, pull-ups, shuttle run, and half mile run.

Core 1: Students will demonstrate Catholic Values through responsible personal and social behavior and respect the differences among people in physical activities and settings. (Developing diversity, personal and social skills)

Students will be able to develop leadership skills such as (All year):

- E. Function as a team leader.
- F. Develop the ability to lead AND follow by demonstrating emotional control.
 - Games and activities: Leading the class in prayer.
 - The students must take turns to lead the class in prayer as well as follow another class leader as the prayer is lead.

Students will be able to demonstrate positive attitudes and behaviors such as (**3 weeks**):

- E. Understand the concepts of good sportsmanship as they apply to everyone involved.
- F. Demonstrate cooperation and teamwork as they work and plan well with others in a problem-solving situation.
 - Games and activities: Volleyball.**
 - The students will have days to work on the bump pass, set, spike and tournament play.**

Students will be able to demonstrate the appreciation for regular physical activities and show knowledge of physical and emotional values of exercise. (**3 weeks**):

- E. The students will willingly accept appointments or volunteer for responsibility as a team captain, referee or team member.
- F. Exhibit emotional control in handling frustration when unable to perform a particular skill or when things do not go as planned.
 - Games and activities: Badminton**
 - The students will have days to work on lob shots, long shots, and power shots before they play 1on1 and 2on2.**

Students will be able to recognize and accept their own strengths and limitations as well as those of others (**3 weeks**):

- E. Understand that the concept of practice leads to improvement, not necessarily to perfection.
- F. Strive for successful experience based on their individual skill levels.
 - Game and activities: Football.**
 - The students will be able to demonstrate practice based skills and show with practice that they will get better. They will also set goals and try to reach those goals through practice.**

Core 2: Students will demonstrate that physical activity provides the understanding of God's gift of a healthy body, the ability to enjoy a challenge, self-expression and social interaction. (Values and exercise) The students will be urged to participate in call and in out-of-class physical activities at least 2 times a week. (Daily reminders for recess, sporting events and free play)

Core 3: Students will demonstrate competency in many movement forms and proficiency in a few movement forms. **(3 weeks)**

- E. Demonstrate the ability to perform activities involving balance, coordination, agility while utilizing the large muscle groups.
- F. Execute continuous fine motor skills when exercising to show improvement.

-Games and activities: Softball

-The students will build off of the skills learned previously with practice and learning how to handle adversity, while fine tuning swinging, hitting, fielding and throwing.

Review **(last 2 weeks of semester)**

- C. The student's will review all of the skills they have learned the first semester as well as do a mid-school year check on the Presidential skills test before Christmas break.
-This will give the students a visual on their strength gains they have received from the first semester of activities and help them develop goals for the rest of the school year.