

## PHYSICAL EDUCATION

### PRIMARY LEVEL K-1-2 SPIRITUAL GOAL

<b>STANDARD 1</b>	Students will to appreciate God's gift of life and the consequent obligations to preserve and protect it through healthy lifestyles.	
Kindergarten	First Grade	Second Grade
<b>OBJECTIVES</b>	<b>OBJECTIVES</b>	<b>OBJECTIVES</b>

### SOCIAL AND EMOTIONAL

<b>STANDARD 2</b>	Students will demonstrate respect for self and others through responsible participation in physical activities.	
Kindergarten	First Grade	Second Grade
<b>OBJECTIVES</b>	<b>OBJECTIVES</b>	<b>OBJECTIVES</b>
Demonstrate sportsmanship, fair play, and respect for others.	Demonstrate sportsmanship, fair play, and respect for others.	Play organized games in small groups or large groups in a cooperative manner.
Treat classmates and others courteously.	Treat classmates and others courteously.	Demonstrate, through play with materials and equipment increased ability to share, wait turns, and cooperate and consider rights of others when playing with a group of children or a partner.
Demonstrate judgment in safe use of equipment and materials in relation to self and others.	Repeat and demonstrate directions.	Demonstrate judgment in safe use of equipment and materials in relation to self and others.
Play simple group games and singing games in a cooperative manner.	Demonstrate judgment in safe use of equipment and materials in relation to self and others.	Demonstrate judgment in safe use of equipment and materials in relation to self and others.
Follow Rules	Play simple group games and singing games in a cooperative manner.	Follow rules
	Follow Rules	

## MOTOR SKILLS

STANDARD 3      Students will apply movement concepts and principles to enhance motor skill development.		
Kindergarten	First Grade	Second Grade
<p><b>OBJECTIVES</b></p> <p>Demonstrate tossing, throwing, bouncing, catching, and kicking skills with self and others.</p> <p>Demonstrate animal walks, simple stunts, and tumbling skills.</p> <p>Demonstrate motor skills such as hopping, jumping, skipping, galloping, and running.</p> <p>Use manipulative equipment for gross motor coordination.</p> <p>Demonstrate jump rope skills.</p> <p>Introduce curl-ups, pull-ups, push- ups.</p> <p>Move in response to rhythms and demonstrate simple folk dance, line dance, and creative dance activities.</p> <p>Demonstrate walking across a balance beam (or along straight line).</p> <p>Understand the importance of daily exercise</p>	<p><b>OBJECTIVES</b></p> <p>Demonstrate advanced motor skill in galloping, hopping, skipping, jumping, and running.</p> <p>Demonstrate skill in catching, tossing, throwing, and kicking various sized objects.</p> <p>Demonstrate animal walks, simple stunts, and tumbling skills.</p> <p>Use manipulative equipment for gross motor coordination.</p> <p>Demonstrate jump rope skills.</p> <p>Introduce curl-ups, pull-ups, push- ups.</p> <p>Move in response to rhythms and demonstrate simple folk dance, line dance, and creative dance activities.</p> <p>Demonstrate walking across a balance beam (or along straight line).</p> <p>Understand the importance of daily exercise.</p>	<p><b>OBJECTIVES</b></p> <p>Demonstrate skill in catching, tossing, throwing, and kicking various sized objects.</p> <p>Demonstrate simple folk dances and line dance.</p> <p>Demonstrate skill in lead-up games associated with basketball and soccer (dribbling, passing, kicking in regard to each sport)</p> <p>Demonstrate simple stunts and tumbling skills.</p> <p>Demonstrate jump rope skills.</p> <p>Introduce curl-ups, pull-ups, push- ups.</p> <p>Understand the importance of daily exercise.</p>

## KNOWLEDGE

STANDARD 4      Students will acquire and apply knowledge specific to the activity setting.		
Kindergarten	First Grade	Second Grade
<p><b>OBJECTIVES</b></p> <p>Follow safety rules in the activity setting; e.g., use equipment safely, maintain body control while moving start and stop activity on cue.</p> <p>Establish a beginning movement vocabulary.</p> <p>Define spatial concepts; e.g., personal space, general space.</p> <p>Recognize a variety of motor and non motor movements; e.g., skipping, twisting, balancing.</p> <p>Understand the importance of a healthy lifestyle.</p>	<p><b>OBJECTIVES</b></p> <p>Follow safety rules in the activity setting; e.g., use equipment safely, maintain body control while moving start and stop activity on cue.</p> <p>Establish a beginning movement vocabulary.</p> <p>Define spatial concepts; e.g., personal space, general space.</p> <p>Recognize a variety of motor and non motor movements; e.g., skipping, twisting, balancing.</p> <p>Understand the importance of a healthy lifestyle.</p>	<p><b>OBJECTIVES</b></p> <p>Follow the rules and procedures for the activity setting.</p> <p>Explain rules and procedures for the activity.</p> <p>Apply rules of the physical education class to other activity settings.</p> <p>Follow safety rules in the activity setting; e.g., use equipment safely, identify and avoid safety hazards, maintain body control while moving.</p> <p>Demonstrate knowledge of movement vocabulary.</p> <p>Define spatial concepts; e.g. play area boundary, in-bound.</p> <p>Distinguish between types of manipulative skills (kicks, catches, throws)</p> <p>Describe basic movement terms; e.g. speed, level, direction.</p> <p>Understand the importance of a health lifestyle.</p>

**FITNESS**

<b>STANDARD 5</b> Students will achieve and maintain health-enhancing levels of physical fitness.		
Kindergarten	First Grade	Second Grade
<p><b>OBJECTIVES</b></p> <p>Understand the importance of daily exercise.</p> <p>Participate in physical fitness exercises.</p>	<p><b>OBJECTIVES</b></p> <p>Participate in “warming up” and “cooling down” before and after physical activity.</p> <p>Understand the importance of daily exercise.</p> <p>Participate in physical fitness exercises and develop an understanding of the benefits and reasons for such activities..</p>	<p><b>OBJECTIVES</b></p> <p>Develop a habit of “warming up” and “cooling down” before and after physical activity.</p> <p>Understand the importance of daily exercise.</p> <p>Participate in physical fitness exercises and develop an understanding of the benefits and reasons for such activities..</p> <p>Set fitness goals and monitor progress.</p>