

## Physical Education

### Overview

#### Pre-K - 2<sup>nd</sup> Grade

Students will learn and master fundamental movement and manipulative skills such as hand-eye coordination, throwing, catching, running, jumping and kicking. They will also learn cooperative play and social skills with their peers as well as team play during team sports games.

#### 3<sup>rd</sup> - 8<sup>th</sup> Grade

Students will master skills related to Soccer, Volleyball, Basketball, Floor Hockey, Flag Football, Rhythm, Hand Ball and Track and Field to name a few. We will review the muscles of the body during stretching to prevent injury. They will also work on conditioning and strength during the Presidential fitness test. They will be able to learn and achieve teamwork with other students as well as social interaction while having fun.

#### 1<sup>st</sup> Quarter

##### Pre-K - 2<sup>nd</sup> Grade

Every student will learn the policies and procedures for PE class. They will have a routine for how to enter and exit the gym as well as an exercise routine. Exercises will consist of stretches such as sit-ups, push-ups, arm circles, cherry pickers and jumping jacks to name a few. Students will work on basic fundamental and manipulative skills such as the steps to underhand and overhand throwing and catching. They will also learn interactive play and socialization with others during freeze tag and free play day.

##### 3<sup>rd</sup> - 8<sup>th</sup> Grade

Units: Volleyball and Flag Football

- Volleyball-
  - Students will learn the rules, positions and the language of the sport.
  - Skills & Drills- Passing, Setting, Serving, spiking and Blocking
  - Lead Up Games- One Bounce Volleyball, 4 on 4, League Play and Tournament Play
- Flag Football-
  - Students will learn the rules, positions and language of the sport
  - Skills & Drills- Passing, Catching, Kicking and Offensive and Offensive line
  - Lead Up Games- Keep Away, League Play and Tournament Play

#### 2<sup>nd</sup> Quarter

##### Pre- K - 2<sup>nd</sup> Grade

Students will continue to learn and practice hand-eye coordination skills by throwing and catching beanbags, balls and frisbees. They will also begin to learn

about coordination and balancing through relays and locomotor skills such as running, jumping, galloping and skipping. Group games such as tag, parachute games and team sports will work on coordination and teamwork.

### 3<sup>rd</sup> - 8<sup>th</sup> Grade

Units: Basketball and Soccer

- Basketball-
  - Students will learn the rules, positions and language of the sport.
  - Skills & Drills- Passing, Dribbling, Lay-ups and Shooting
  - Lead Up Games- Dribble Freeze tag, Side line Basketball and League and Tournament Play
- Soccer-
  - Students will learn the rules, positions and language of the game.
  - Skills & Drills- Trapping, Passing, Dribbling, Shooting and Goalie
  - Lead Up Games- Crab Soccer, Scooter Board Soccer, 4 Goals Soccer and League and Tournament Play

### 3<sup>rd</sup> Quarter

Pre-K - 2<sup>nd</sup> Grade

Students will be able to practice the fundamental skills they have learned through team sport play. They will play team games such as kickball, soccer and pillo-polo. They will begin to learn and understand how to work together with others to in order to achieve a goal. Socialization with their peers comes into play as well with these games.

### 3<sup>rd</sup> - 8<sup>th</sup> Grade

Units: Floor Hockey, Dodge Ball and Ultimate Frisbee

- Floor Hockey-
  - Students will learn the rules, positions and language of the game.
  - Skills & Drills- Passing, Trapping and Slap Shot
  - Lead Up Games- Keep Away, Hockey Tag and League and Tournament Play
- Dodge Ball-
  - Students will learn the rules, positions and the language of the game.
  - Skills & Drills- Throwing, Catching, Speed and Agility
  - Lead Up Games- Bowling Pin Dodge Ball, Prisoner Dodge Ball and League and Tournament Play.
- Ultimate Frisbee-
  - Students will learn the rules, positions and language of the game.
  - Skills & Drills- Passing, Catching and Running
  - Lead Up Games- Football, and Dodge Ball

#### 4<sup>th</sup> Quarter

##### Pre-K - 2<sup>nd</sup> Grade

Students will continue to play team sports while learning to overcome obstacles that may come across during play such as working out differences with their peers and learning good sportsmanship and how to win and lose gracefully. Learning to count on their teammates will also come up as well as being able to work together as a whole.

##### 3<sup>rd</sup> - 4<sup>th</sup> Grade

Units: Softball and Skating

###### Softball-

- Students will learn the rules, positions and language of the game.
- Skills & Drills- Throwing, catching, Hitting and Running the Bases
- Lead Up Games- Kick Ball, One Pitch Softball and League and Tournament Play

###### ▪ Skating-

- Students will learn the rules and language of the sport.
- Skills & Drills- Balance, Change of Direction and Obstacle Course
- Lead Up Games- 4 Corners, Relays, Tag and Limbo