

Physical Education Standards Kindergarten

Course Abilities (Should be achieved throughout the year)

1. Demonstrate playing safely and by the rules.
2. Demonstrate the ability to be a good winner and loser.
3. Experience basic locomotor and perceptual motor activities.
4. Experience movement to rhythm and parachute activities.
5. Demonstrate throwing and catching of various size balls with two hands.
6. Demonstrate kicking a ball and stationary dribbling with a dominant hand.

Course Content: Relay Races, Stunts, Low Organizational Games, Movement Exploration, Scooter Activities, Rhythms and Parachute Activities.

1. Demonstrate playing safely and by the rules: discuss rules and procedures for physical education classes; explain the consequences of not following the rules and playing safely with others.
2. Demonstrate the ability to be a good winner and loser: discuss ways the students may properly express joy at winning and sadness at losing; encourage the students to share many compliments during class.
3. Experience basic locomotor and perceptual motor activities: experience a balance on one foot, hop, skip, gallop, and do the standing broad jump; know the names of body parts; demonstrate movement while following specific commands.
4. Experience movement to rhythm and parachute activities: demonstrate rhythmic locomotor movement and rhythmic nonlocomotor movements; demonstrate rhythmic manipulative movements; demonstrate rhythmic parachute activities.
5. Demonstrate throwing and catching of various size balls with two hands.
6. Demonstrate kicking a ball and stationary dribbling with a dominant hand.
7. Demonstrate trying their best and following directions: discuss the importance of practice during class time so their skill level increases; discuss patterning; discuss how following directions makes the gym a safe place to work.

Physical Education Standards First Grade and Grade Two

Course Abilities (Should be achieved throughout the year)

1. Develop perceptual motor efficiency.
2. Explore movements through rhythm and dance.
3. Move/tumble safely and efficiently through space, being aware of self, others, and the environment.
4. Develop manipulative movement skills (eye-hand coordination and eye-foot coordination.)
5. Increase muscular strength, endurance, flexibility, body awareness, and agility through activities of fitness and recreation.
6. Develop a positive self-concept and respect for self and others.
7. Develop positive social and interpersonal skills.
8. Develop safety awareness and practices.

Course Content:

Dance, Tumbling/Stunts/Obstacles, Low Organizational Games, Fitness, Movement Exploration, Parachute Activities and Scooter Activities.

1. Develop perceptual motor efficiency.

Divergent movements: demonstrate body awareness; demonstrate movements in regards to levels, speed, time, force, and space; demonstrate body balance in various positions on the floor; demonstrate bilateral movements (both legs, both arms, both legs and arms); demonstrate unilateral movements (right or left arm, right or left leg, right arm and right leg, left arm and left leg together); demonstrate cross lateral movements (right arm and left leg, left arm and right leg).

Convergent movements of fundamental locomotor movements: the proper technique for walking, leaping, jumping, sliding, hopping, galloping, running and skipping.

Convergent movements of fundamental nonlocomotive movements: bend in various ways at all joints; rock in various body shapes and waves; turn in various ways' stretch various body parts; swing various body parts individually; swing with a partner; twist different body parts in different ways' pull; push; do jumping jacks correctly.

2. Demonstrate movement through rhythm and dance.

Demonstrate the ability to start and stop as the rhythm dictates; demonstrate rhythmic locomotor movements; demonstrate rhythmic nonlocomotor movements; demonstrate creative rhythmic response to music; demonstrate rhythmic parachute activities.

3. Move/tumble safely and efficiently through space, being aware of self and others. Demonstrate a proper log roll, forward roll, tip up and other tumbling stunts.

4. Develop manipulative movement skills (eye-hand and eye-foot coordination.)

Demonstrate catching in place various types and sizes of balls with the hands independent of the body; demonstrate "pooching" a ball, using the fist and/or an open hand, or the side of the hand; demonstrate rolling a ball at a target with two hands; demonstrate bouncing a ball with two hands and a dominant hand, in place; demonstrate kicking a stationary ball with the dominant foot; demonstrate deflecting a propelled beach ball; throw while standing still, various types and sizes of ball.

5. Increase muscular strength, endurance, flexibility, body awareness, and agility through activities of fitness and recreation.

Demonstrate a short sprint (20 yds.); demonstrate a short distance run (200 yds); demonstrate a curl-up and push-up; demonstrate fundamental relay races and tag games; experience forward and backward rope jumping; demonstrate scooter activities.

6. Develop a positive self-concept and respect for self and others.

Compliment others frequently during class; identify skills that you have learned this year and share them with the class; express positive feelings about your accomplishments during class.

7. Develop positive social and interpersonal skills.

Participate positively in activities that require cooperation (parachute activities, lead up game strategies); demonstrate a sense of fair play during class; discuss ways this should carry over to playground behavior.

8. Develop safety awareness and practices.

Demonstrate safety awareness during class; be able to explain to the class the importance of stretching before tumbling; discuss why it is important to "play by the rules."

Physical Education Standards Grade Three

Course Abilities (Should be achieved throughout the year)

1. Demonstrate fundamental rhythm and dance patterns.
2. Increase muscular strength, endurance, flexibility, body awareness, and agility through activities of fitness and recreation.
3. Develop movement skills incorporating eye-hand coordination and eye-foot coordination through lead up games.
4. Move/tumble safely and efficiently through space, being aware of self and others.
5. Develop a positive self-concept and respect for self and others.
6. Develop safety awareness and practices.

Course Content:

Dance, Physical Fitness, Jogging/Track and Field, Kickball, Soccer Flag Football, 4-Square, Volleyball, Basketball, Softball and Tumbling.

1. Demonstrate fundamental rhythm and dance patterns: experience basic folk dances; demonstrate basic dance steps (two step; crossover, slide step); demonstrate proper aerobic dance form.
2. Increase muscular strength, endurance, flexibility, body awareness, and agility through activities of fitness and recreation: demonstrate a one minute bent-leg sit-up, 40 yard dash, 500 yard walk/run; experience a pull-up, flexed arm hang, shuttle run, running long jump and discus throw; demonstrate 5 push ups, forward and backward jump rope skills, and long jump rope skills.
3. Develop movement skills incorporating eye-hand coordination and eye-foot coordination through lead up games.
Kickball Lead-Up Skills - Demonstrate a correct overhand throw, proper catching and kicking techniques; describe the rules of kickball.
Soccer Lead-Up Skills – Demonstrate the proper technique for a soccer kick, dribble, trap, and goalie skills; describe the rules of soccer.
Flag Football Lead-Up Skills – Execute a proper forward pass; demonstrate a proper catch; experience kicking the football; describe the basic rules for flag football.
4-Square – Demonstrate the serve and basic game skills; demonstrate an understanding of the rules for 4-Square.
Volleyball Lead-Up Skills – Demonstrate the proper technique for the underhand serve; demonstrate the proper form for a forearm pass using a beach ball; demonstrate basic modified game skills; describe the rules of volleyball.
Basketball Lead-Up Skills – Demonstrate proper dribbling techniques; demonstrate a bounce and chest pass; demonstrate basic modified game skills.
Softball Lead-Up Skills – Demonstrate the proper grip of the softball; demonstrate the proper technique of an overhand throw; demonstrate proper batting form; describe the rules of softball.
4. Move/tumble safely and efficiently through space, being aware of self and others; demonstrate a forward and backward roll, tri-pod, cartwheel and mule kick; experience a headstand and other tumbling stunts.
5. Develop a positive self-concept and respect for self and others: identify and describe their talents and skills with their classmates during class; name and describe the skills of some of their classmates during class; discuss why students are not allowed to laugh when someone in the class makes a “mistake” and how this relates to “What would Jesus do.”

6. Develop positive social and interpersonal skills: demonstrate that they listen to and follow directions well; demonstrate that they show a sense of fair play and know how to share with their classmates; discuss positive ways to pick teams during recess.

7. Develop safety awareness and practices: discuss why spotting is important to use when tumbling; demonstrate safety awareness during class; discuss why it is important to know the rules for different sports and the “play by the rules.”

Physical Education Standards Grade Four

Course Abilities (Should be achieved throughout the year)

1. Demonstrate the movement skills of throwing and catching with control.
2. Demonstrate knowledge, etiquette, skills and strategies in the group, team and recreational activities of flag football, basketball, softball, volleyball, floor hockey and pickleball.
3. Improve flexibility and cardiovascular endurance using the related activities of track and field, and aerobic dance.
4. Assess students' muscular strength, endurance, speed and agility based on components of standardized fitness tests.
5. Develop a positive self-concept and respect for self and others.
6. Develop positive social and interpersonal skills.
7. Develop safety awareness and practices.

Course Content: Flag Football, Basketball, Softball, Volleyball, Floor Hockey, Pickleball, Track Field, Aerobic Dance and Fitness Testing.

1. Demonstrate the movement skills of throwing and catching with control: demonstrate a technically correct overhand throw and correct catching techniques of a ground and fly ball.
2. Demonstrate knowledge, etiquette, skills and strategies in the group, team and recreational activities of the following:
Flag Football – Execute a forward pass to a stationary target (10 yds.) using a jr. sized football; catch a football from a throw (10 yds.) using a jr. sized football; demonstrate the proper method of carrying a football while running.

Basketball – Demonstrate the correct techniques of a chest and bounce pass, as well as stationary dribble with alternating hands; execute a proper set shot and free throw; describe the rules of basketball.

Softball – Demonstrate an overhand throw to a target (20 yds.); demonstrate basic base running and proper batting techniques; execute proper fielding techniques; describe the rules of softball.

Volleyball – Demonstrate the underhand serve (15 feet from the net), the ball must landing the court; demonstrate proper passing techniques using a forearm pass to partner (10 feet apart); demonstrate basic modified game skills; describe the rules of volleyball.

Floor Hockey – Demonstrate control of the puck with the stick while dribbling 20 yds; execute a pass of the puck into the goal from 15 feet back; demonstrate proper form and hand grip while playing; demonstrate basic modified game skills; describe the rules of floor.

Pickleball – Demonstrate proper serving techniques from halfway into the court; demonstrate a proper forehand swing; demonstrate basic modified game skills; describe the rules for serving and scoring during pickleball.

3. Improve flexibility and cardiovascular endurance using the related activities of track and field, and aerobic dance.

Track and Field – Demonstrate the running long jump, 4 x 4 relay race while passing a baton, the standing long jump and sprint races; experience the discus throw and shot put; experience the ½ mile walk run.

Aerobic Dance – Demonstrate proper aerobic techniques, moving to the beat while following the directions of songs, explain the benefits of a half-hour aerobic workout.

4. Assess muscular strength, endurance, speed and agility based on components of standardized fitness tests: assess their personal fitness level based on parts of the Presidential Physical Fitness Test (do not compare them to National Norms) that are interspersed into the curriculum throughout the year; suggest activities to maintain or enhance their personal physical fitness level.

5. Develop a positive self-concept and respect for self and others: demonstrate compliments to others and know how to graciously accept compliments; demonstrate a sense of fair play.

6. Develop positive social and interpersonal skills: during class time name skills required to make and keep friends; demonstrate that they work cooperatively with others during class.

7. Develop safety awareness and practices: discuss why there are penalties for unnecessary roughness in certain sports; demonstrate safety awareness during class; understand why it is important to know the rules for each sport or game.

Physical Education Standards Grade Five

Course Abilities (Should be achieved throughout the year)

1. Perform various rhythmic folk and social dance patterns.
2. Apply knowledge etiquette, skills and strategies to the group activities, team sports, and recreational activities of flag football, basketball, soccer, softball, floor hockey and volleyball.
3. Attain knowledge and strategies that better enable participation in individual/dual sports and recreational activities such as pickleball and one-wall handball.
4. Measure and evaluate students' personal health-related physical fitness and wellness.
5. Develop a positive self-concept and respect for self and others.
6. Develop positive social and interpersonal skills.
7. Develop safety awareness and practices.

Course Content: Dance, Flag Football, Basketball, Softball, Floor Hockey, Volleyball, Soccer, Pickleball, One-Wall Handball, and Physical Fitness Testing.

1. Perform various rhythmic folk and social dance patterns: demonstrate proper social courtesies during the dance unit; experience basic social and folk dance skills; demonstrate dance patterns to a specific beat of music.

2. Apply knowledge, etiquette, skills and strategies to the group activities, team sports, and recreational activate of flag football, basketball, soccer, softball, floor hockey and volleyball.

Flag Football – Demonstrate the correct technique of a forward pass to a moving target at 10 yds; properly catch a ball that has been passed and kicked; execute a kick form a tee.

Basketball – Demonstrate a proper overhead pass and the correct technique to catch a basketball; dribble at a walking speed with alternating hands; shoot free throws using the correct form (PAA free throw line): pass a written rules test (80% or above.)

Softball – Demonstrate the proper overhand throw to a target (20 ft.); demonstrate the proper fielding of a ground and a fly ball; demonstrate the ability to bat a pitched ball; pass a written rules test (80% or above.)

Floor Hockey – Demonstrate control of the puck with the stick while dribbling 40 yds; demonstrate a forehand and backhand pass to a target (10 yds.) experience being a goalie; pass a written rules test (80% or above.)

Volleyball – Demonstrate the underhand serve (20 ft. from the net) and the ball must go into the court; demonstrate a forehand pass to a partner over the net (10 ft. away from the net); pass a written rules test (80% or above.)

3. Attain knowledge and strategies that better enables participation in individual/dual sports and recreational activities such as pickleball and one-wall handball.

Pickleball – Demonstrate a proper forehand and backhand swing; demonstrate the correct technique for the serve from 5 feet “in” at the back court; pass a written rules test (80% or above.)

One-Wall Handball – Demonstrate the correct technique for the serve; execute contact with the ball using both hands independently; pass a written rules test (80% or above.)

4. Measure and evaluate students' personal health-related physical fitness and wellness: experience and record times for a one mile walk/run; assess students' personal physical fitness level based on parts of the Presidential Physical Fitness Test (do not compare them to National Norms) that are interspersed into the curriculum throughout the year; suggest activities to maintain or enhance their personal physical fitness level.
5. Develop a positive self-concept and respect for self and others: discuss ways to win and lose gracefully; name some of their skills and talents in gym class, as well as talents and skills of their classmates; review aloud how far their skill levels have progressed since first grade.
6. Develop positive social and interpersonal skills: demonstrate ways to give and receive compliments; demonstrate that students work well cooperatively during class; discuss why it is important to "pair up" withal of their classmates during skill practice.
7. Develop safety awareness and practices: discuss why rules must be learned and followed during sports competition, as well as on the playground; demonstrate safety awareness during class; discuss the importance of safety gear (helmets, pads, etc.)

Physical Education Standards

Grade Six

Course Abilities (Should be achieved throughout the year)

1. Perform various rhythmic folk and social dance patterns.
2. Participate in various activities to improve and maintain health-related physical fitness and wellness.
3. Apply knowledge etiquette, skills and strategies to the group activities, team sports, and recreational activities of basketball, softball, floor hockey and volleyball.
4. Attain skills and strategies that better enable participation in individual/dual sports and recreational activities such as pickleball, one-wall handball, and track and field.
5. Develop a positive self-concept and respect for self and others.
6. Develop positive social and interpersonal skills.
7. Develop safety awareness and practices.

Course Content: Dance, Physical Fitness, Basketball, Softball, Volleyball, Floor Hockey, Pickleball, One-Wall Handball, and Track and Field.

1. Perform rhythmic folk and social dance patterns: demonstrate proper social courtesies during the dance unit; experience basic social and folk dance skills; demonstrate dance patterns to a specific beat of music.

2. Participate in various activities to improve and maintain health-related physical fitness and wellness: demonstrate proper pre and post stretches for track events; execute a timed one mile walk/run; discuss the various facets of what makes us fit by analyzing the Presidents' Fitness Test components; assess students' personal fitness levels based on physical education activities done during the year; discuss ways to maintain or enhance personal fitness levels; discuss information to make informed consumer decisions when purchasing sport shoes.

3. Apply knowledge etiquette, skills and strategies to the group activities, team sports, and recreational activities of the following:

Basketball – Demonstrate the correct technique of dribbling while running and using alternating hands; demonstrate the correct method of pivoting; execute 4 out of 10 free throws using the PAA free throw line; pass a written rules test (80% or above.)

Softball – Demonstrate the proper technique of catching a fly ball and a ground ball ; execute an overhand throw to a target (25 ft.); demonstrate the ability to bat a pitched ball; pass a written rules test (80% or above.)

Volleyball – Demonstrate the underhand serve (25 ft.) and the ball must go into the court; demonstrate a forehand pass to the center , front court position; experience an over pass (set); pass a written rules test (80% or above.)

Floor Hockey – Demonstrate control of the puck with the stick while dribbling 40 yds; demonstrate a forehand and backhand pass to a target (10 yds.) experience being a goalie; pass a written rules test (80% or above.)

4. Attain knowledge and strategies that better enable participation in individual/dual sports and recreational activities such as pickleball and one-wall handball.

Pickleball – Demonstrate the proper technique of the forehand and backhand swing; demonstrate the correct technique for the serve; demonstrate rudimentary teamwork and strategy skills while playing the game; pass a written rules test (80% or above.)

One-Wall Handball – Demonstrate the correct technique for the serve; demonstrate hitting the ball using both hands independently; demonstrate rudimentary strategy skills while playing the game; pass a written rules test (80% or above.)

Track and Field – Demonstrate a 50 yard dash; experience the triple jump; demonstrate the proper form for the discus and shot put; demonstrate proper baton passing form during a relay race; demonstrate various distance races.

5. Develop a positive self-concept and respect for self and others: describe ways self-confidence can be exhibited; discuss what it means to “act like a hot dog”; discuss what sports etiquette is and how it applies to different games’ demonstrate a sense of fair play.

6. Develop positive social and interpersonal skills: demonstrate how to solve conflict in the gym by reaching a positive agreement (replay rather than argue); discuss and post the YMCA’s creed for parents as coaches; demonstrate that they can work cooperatively during gym class and how that should carry over to recess play.

7. Develop safety awareness and practices: discuss why it important to learn to play your own position when playing team sports; discuss why we must know the rules and play sports while abiding by the rules; demonstrate safety practices during class.