

Physical Education Curriculum

	Early Childhood 3-6 years	Lower Elementary 6-9 years	Upper Elementary 9-12 years	Middle School 12-14 years
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Movement and Motor Skills:				
Child will show competency in age appropriate motor skills.	Walks backwards; jumps and lands softly on toes with knees bent; Dodges other students while running; balances on one foot; hops on one foot; throws ball over and under hand; catches ball; hops, runs, and gallops	Skips, hops on one foot, walks on balance beam, jumps rope, higher level throwing and catching during game play, strikes with foot, strikes with manipulatives, catches a self-thrown object, catches a partner thrown object	Catches and throws with different objects, using games and fitness to assess different motor patterns	Throws with accuracy and distance, catches and maintains control in game setting, offence and defensive awareness, strikes with bat or racquet
Child will analyze movement concepts and applications.	Understands basic fitness concepts, follows direction cues, has spatial awareness and balance	Understands basic fitness concepts; <i>cardiovascular and muscular strength, muscular endurance and flexibility</i> ; starts learning anatomical terms for major muscles.	Participates in peer review of fitness concepts and form; leads fitness and flexibility lessons	Participates in peer review of fitness concepts and form, leads fitness and flexibility lessons
Child understands the rules, safety, and strategies during physical education.	Fair play; sportsmanship; respect for equipment and gym space; demonstrate safe movement in physical education class.	Revisit: Fair play; sportsmanship; respect for equipment and gym space; demonstrate safe movement in physical education class.	Identify offense/defense strategies in various games and activities; sportsmanship revisited	Higher level strategies of offence and defence; apply strategies in all games and sports; sportsmanship revisited
Child will learn and apply principles of health and fitness.	Knows basic body parts and effects of exercise on the body, healthy eating habits and understands what physical activity is	Learns to basic tenets of a healthy lifestyle: physical fitness; heart rate, tiredness; healthy food choices	Focuses and learns how to assess physical fitness form of others (peer review), participates in daily physical activity inside and outside of PE class	Identifies the principles of training, frequency, intensity, time and type; focuses and practices health and skill related principles of fitness

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Assessment of child's fitness levels.	N/A	Has a basic understanding of physical fitness assessment	Uses self directed physical fitness assessment (Presidential Fitness Challenge, FitnessGram)	Evaluates fitness assessment and determines strength and weaknesses based on normative data; generates plan to improve
Child will understand and learn how to set realistic goals related to health and fitness.	Identifies realistic health related goals: i.e. running longer, jumping more times in a row, practicing form	Understands relationship between fitness concepts and games and exercises done in class; sets goals based on play/game based fitness principles	Understands relationship between fitness concepts and health; sets goals based fitness assessment results	Creates and reviews fitness personalized fitness plan
Teamwork:				
Child will understand safe play and responsibility	Identifies safe practices in physical education class; follows directions; safely plays with other students	Learns how to accept responsibility in a group environment; practices safe play when in a group setting	Follows the directions of group leader; respects peers' leadership roles in group; works together to accomplish a team goal	Peers assign leadership roles; listens and values all ideas in the group; works cooperatively to accomplish a team goal; remains on task during skill practice
Class will practice cooperative skills in a structured class environment.	Builds basic teamwork skills; Speaks positively to each person in group	Works cooperatively to attain a certain goal in both large and small groups	Works cooperatively in both competitive and noncompetitive settings	Works cooperatively in both competitive and noncompetitive settings

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Health promotion and illness and injury prevention:				
Child will learn health promotion, illness prevention, and safety concepts.	Define and present hygiene - washing hands, brushing teeth, bathing, flossing, and eating habits; appropriate weather knowledge - gloves/hat/boots in the winter, and hats sunscreen in the summer	Early detection of illness, reiterate hygiene with emphasis on hand washing and coming mouth with elbow when coughing or sneezing; risk reduction as far as safety outside of school - seatbelts, helmets, crossing the street	Reiterate hygiene with emphasis on hand washing and coming mouth with elbow when coughing or sneezing; risk reduction as far as safety outside of school - seatbelts, helmets, crossing the street; awareness and focus on healthy eating habits related to illness	Develop positive health practices, understands exercise and healthy eatings effect on illness; discusses careers in health care
Child will understand factors that influence health.	Identifies how to be healthy and care of body	Encourages other to make positive healthy decisions; understands how eating and exercise factor into health	Discusses peer pressure, advertising and media pressures to eat and act in both a health and unhealthy manner	Discusses how illness can spread in class or a workplace; Has internalized disease prevention (hygiene); reiterates peer-pressure and media's role in health influences
Human body systems:				
Child will learn the structures and functions of human body systems and how they interact with each other.	Identifies body systems - circulatory, respiratory and muscular	Starts to use anatomical terms for major muscle groups	Identifies and understands basic body systems and how they interact with healthy eating, exercise, and brain health	Explains and explores body systems integration at a cellular level; understands basic movement patterns based on locomotion, and oxygen and nutrient interplay in health and fitness
Child will discuss factors affecting	Understands importance of hygiene, exercise, and play	Introduced to structured exercise, exposure to extracurricular physical activity	Identifies stages of growth and development	Discusses and describes relationships between physical and mental health during

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growth and development.		opportunities		adolescence
Effective communication and decision making:				
Child will learn and practice, positive communication, and conflict resolution.	Identifies positive and negative behaviors in PE class, i.e. moving in space safely, waiting for a turn, positive verbal communication	Identifies non verbal cues, listening, and participates in peer to peer conflict resolution	Identifies and discusses causes and potential conflicts that may arise in game play; practices non-verbal communication skills and recognition	Discuss methods of addressing differences with peers in a safe and loving environment; practice communication skills during and outside of a game/sports environment
Child will demonstrate personal and social responsibility.	Respects the space, equipment, and other students	Reiterates fair play, respects and makes good choices while playing safely with others	Practices fair play using teamwork and other cooperative games	Develops positive attitudes towards participating in physical education; practices principles of cooperative play using sports and high level games