



Cincinnati Hills Christian Academy

Lower School Lower Elementary –

Physical Education

Grades K-3 Scope and Sequence

Vision

Above all, physical education at CHCA reflects the high value God places on human life and the respect we have for each person in God's community. Activities offer opportunities for spiritual growth where students are encouraged to explore what God honoring choices, in both challenging and successful situations, look like. CHCA physical education supports student develop in cognitive, psychomotor, affective, and spiritual domains as we aspire to develop physically literate individuals who have the motivation, confidence and competence to enjoy a lifetime of healthful physical activity. Our program and teaching faculty provide a safe, positive and noncompetitive environment where students grow in an understanding of rules, safety, strategies of games and activities and develop skills multiple environments. Students use their God-given gifts to engage in teamwork, individual achievement, and physical fitness activities, equipping them with a sense of self-esteem to participate in a diverse society.

Standards and Core Competencies

Students work to master the following overarching skills:

- ❖ **Choosing responsible behavior and making God honoring choices**
- ❖ **Achieving mature and versatile motor skills**
- ❖ **Applying knowledge of concepts, principles, strategies, and tactics related to movement and performance**
- ❖ **Engaging in physical activity and building physical fitness**
- ❖ **Building Manipulative Skill: Object Control**

Kindergarten Topics: Movement: self space versus general space; loco/non-locomotor skills, Movement concepts and skill themes, creative movement, balancing, fitness games jumping/landing; throwing and catching skills: balls in a variety of size and weight; Kicking skills; Rhythms: creative dance, folk dance; Ball handling skills: dribbling, passing, volleying Striking Skills: poll noodles, tennis racquets, baseball bat; Base running; Relays; Obstacle course; Jump rope; Scooter activities; Traversing Wall. (K-Prep at developmentally appropriate levels.)

Grades 1 & 2 Topics: Movement: creative, loco/non-locomotor skills, spatial awareness, effort actions, creative movement; Jumping/landing; Fitness; Throwing/Catching skills: over/underhand, pop ups and grounders; Kicking: punt, instep kick, stationary/moving ball, trapping/receiving ball; Jump rope: long ropes, multiple jumpers, rhymes, short ropes; individual/partner skills, Speed Stacking; Rhythms: Ball handling: dribbling, shooting, chest/bounce pass, two square; Batting; Base running; Relays; Fitness games; Obstacle course; Low organization games; Climbing Wall; Folk, square and creative dance; Speed Stacking;

Grade 3 Topics: Folk, square, line and creative dance; Fitness; fitness components: strength, flexibility, cardiovascular endurance, exercises/fitness games and Relays; Speed Stacking;



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Throwing skills: baseball, football; Catching: grounder, fly, off center; Kicking skills: place kick, punt; Jump rope: intermediate long rope/short ropes skills, individual skills, intermediate partner skills; Team sports: modified games and skill drills for volleyball, basketball, football; Scooter Polo; Climbing Wall.