



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

Elementary P.E.

Physical Education is a skill-based program which focuses on the enhancement of the students' skills through various disciplines. Swimming is a core component of the program and students have swimming every week. Cooperative games enhance social interaction, sportsmanship and loco motor development while promoting fitness through fun.



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

GRADE LEVEL	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS	4. PERSONAL & SOCIAL RESPONSIBILITY
	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness	Standard 4.1 Demonstrate safe behaviors
GRADE 3	1.1.1 Demonstrate mature patterns of locomotor skills (e.g. start/stop on command) 1.1.2 Demonstrate dynamic and static balance in a variety of activities 1.1.3 Demonstrate key elements in manipulative skills 1.1.4 Demonstrate ability to change directions during group activities while manipulating and object 1.1.5 Demonstrate basic rhythm movements independently	2.1.1 Identify basic physical education vocabulary (e.g. body part identification, spatial awareness, directionality, bone and muscle identification) 2.1.2 Identify critical elements of manipulative motor skills (e.g. 4 steps to a good throw) 2.1.3 Demonstrate understanding of rules in a specific activity or game 2.1.4 Know that practice time, attention and effort are required to improve movement skills 2.1.5 Use constructive feedback to improve skills	<i>Not assessed at this level</i>	4.1.1 Recognize that equipment and space belong indefinitely to no one person 4.1.2 Practice safety procedures in game and activity situations 4.1.3 Move safely in a space independently and with others
GRADE 4	1.1.1 Demonstrate mature forms in locomotor patterns and selective manipulative skill 1.1.2 Adapt a skill to the demands of a dynamic, unpredictable environment 1.1.3 Acquire introductory skill of specialized movement forms (e.g., lead-up skills) 1.1.4 Combine movement skills in applied settings 1.1.5 Combine rhythmic movement and foot patterns into a repeatable pattern	2.1.1 Demonstrate an understanding of physical education vocabulary (e.g. body part identification, spatial awareness, directionality, bone and muscle identification) 2.1.2 Identify critical elements of manipulative motor skills (e.g. 4 steps to a good throw) 2.1.3 Demonstrate tactics needed to score (e.g., ball possession, attack, moving an opponent) 2.1.4 Recognize how space awareness and mechanics can be used to improve movement skills	<i>Not assessed at this level</i>	4.1.1 Recognize that equipment and space belong indefinitely to no one person 4.1.2 Practice safety procedures in game and activity situations 4.1.3 Move safely in a space independently and with others



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

GRADE LEVEL	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS	4. PERSONAL & SOCIAL RESPONSIBILITY
	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness	Standard 4.1 Demonstrate safe behaviors
		2.1.5 Use constructive feedback to improve skills		
GRADE 5	1.1.1 Demonstrate combinations of locomotor and manipulative skills in complex and/or game like situations 1.1.2 Demonstrate attention to form, power, accuracy and follow-through in performance of movement skills 1.1.3 Match specialized movement skills to a particular activity 1.1.4 Combine rhythmic movements and foot patterns in to a routine with a beginning, middle, and end	2.1.1 Demonstrate an understanding of physical education vocabulary (e.g. body part identification, spatial awareness, directionality, bone and muscle identification) 2.1.2 Identify similar elements in sport skills 2.1.3 Demonstrate understanding of basic strategies for games and activities 2.1.4 Recognize that time, effort, and quality practice are prerequisites for skill improvement 2.1.5 Recognize how space awareness and mechanics (force and speed) can be used to refine movement skills (e.g., use change of speed to elude an opponent) 2.1.6 Analyze potential risks associated with physical activity 2.1.7 Use constructive feedback to improve skills	<i>Not assessed at this level</i>	4.1.1 Follow with few reminders, activity specific rules, procedures and etiquette 4.1.2 Practice safety procedures in game and activity situations 4.1.3 Move safely in a space independently and with others

PASSION | CREATIVITY | AMBITION

