



Physical Education Curriculum

Physical Education Overview

The philosophy of the Physical Education (PE) program is for students to learn to be active for a lifetime. Over the course of their time at TPS, students will engage in a variety of sports and games, team and individual activities, areas of creative movement, and fitness. Through the acquisition of basic skills and movement patterns, students begin to enhance their abilities, strategies, and tactics. Students then work from modified game play to full game play, to leading their classmates in various units. Other major themes across the PE curriculum include accountability, communication, collaboration, and being a good sport.

Early Childhood

Students in preschool and kindergarten take part in movement classes, focusing on developing movement patterns, gross motor skills, basic fundamental sports skills, and spatial awareness. Students practice skills individually, in pairs, and in small groups. Students also gain additional practice through thematic games, dance, and yoga.

Primary Unit - Third Grade

In the primary unit, students build upon the skills learned in movement class and participate in small-sided games and activities (3 versus 3 or 5 versus 5), in order to develop an awareness of personal and shared space, and an understanding of personal responsibility and social behavior. They become increasingly adept at taking turns, learning about safety, and sharing equipment. Students begin to understand that effort, persistence, and practice will help them reach their goals.

In 3rd grade physical education, students challenge themselves to bolster their skills of teamwork, leadership, and strategies. To achieve these goals, the third grade curriculum focuses on cooperative games, fundamentals of different sports, understanding procedures, improving coordination and body awareness, and fitness fundamentals.

Junior Unit

In the junior unit, students continue to develop social and emotional skills and personal responsibility while also building an understanding of functional athletic movement patterns. Through drills, fitness, and game play, students continue to master strategies, effort, teamwork, leadership, and communication skills. They also learn about themselves and teammates and are on their way to becoming lifelong learners of physical movement.

Middle School

In PE class middle school students work towards mastering their skills, implementing strategies and tactics across a variety of games and sports, and exhibiting responsible personal and social behavior. Students also build upon a variety of functional fitness movements, with a focus on using proper form, getting stronger, and preparing oneself to be fit for a lifetime.



Middle school students are offered the opportunity to compete in interscholastics sports across three seasons, developing a sense of competition, commitment, and confidence for activities they may continue on with after they leave TPS. You can find more information on the TPS Athletics Program [here](#).