

## K-3 Physical Education

### Physical Education

- Students will explain basic team/individual sport skills and rules.
- Students will learn to work together as a team.
- Students will learn healthy lifestyle activities.
- Students will be able to identify bones and muscles in the human body.
- Students will learn critical thinking games.
- Students will learn to use manipulative activities.

### Here's looking at you 2000

- Students will learn about drugs, tobacco, and alcohol, and their effects.
- Students will learn about self-esteem.
- Students will learn how to use refusal skills.

### Assessment

- S will be given for participation and following Physical Education rules.
- N will be given for non-participation and not following physical education rules.

### Course Outline

#### 1<sup>st</sup> Quarter

- Rules & Cooperation Games 1 Week
- Punt, Pass, and Kick 2 Week
- Fitness Testing 2 Week
- Frisbee Golf 2 Weeks
- Soccer 2 Weeks

#### 2<sup>nd</sup> Quarter

- Team Handball 2 Weeks
- Hiking 2 Weeks
- Checkers and Chess 2 Weeks
- Basketball/Hoop 2 Weeks
- Volleyball 2 Weeks

#### 3<sup>rd</sup> Quarter

- Cup Stacking 3 Weeks
- Health and Drug Unit 2 Weeks
- Floor Hockey 2 Weeks
- Dance 2 Weeks
- Tumbling 2 Weeks
- Jump Rope for Heart 2 Weeks

#### 4<sup>th</sup> Quarter

- Baseball/Softball 3 Weeks

- Kite Flying 2 Weeks
- Picnic Games 2 Weeks
- Fitness Testing 2 Weeks
- Golf 2 Weeks