

Physical Education

	<u>Skills & Learning Objectives</u>	<u>Content</u>	<u>BSS Difference</u>
<p>Early Childhood:</p> <p>PS-K</p> <p>& Grade 1</p>	<p>Movement Concepts, Body Management, Locomotion Movement:</p> <p>Students will be able to demonstrate motor skills and movement patterns needed to perform a variety of physical activities.</p> <ul style="list-style-type: none"> ● Travel within a large group, travel in variety of directions forward, back sideways, curved, zigzag. ● Demonstrate speed changes, create shapes, high, medium, low levels. ● Practice balancing on a # of body parts, knowing personal space and general space. ● Practice jogging, running, hopping, sliding, galloping at different rates of speed. ● Manipulation Skills: striking, tossing, underhand, overhand catching, kicking, dribbling, bouncing continuously with a variety of balls. ● Learn about muscular strength endurance, flexibility. ● Identify heart, muscles, and bones. 	<p>Cooperative Games:</p> <ul style="list-style-type: none"> ● Messy Backyard ● Gladiator Pins only ● Freeze Dance ● 4 Corners ● 7 Up ● Fishy Fishy ● Duck Duck Goose ● Cut the Cake <p>Gross Motor Skill Building:</p> <ul style="list-style-type: none"> ● Small Group Relay Races ● Students will learn various ways to move across the gym <p>Sports:</p> <ul style="list-style-type: none"> ● Soccer ● Beat the Ball ● Bok Ball ● Steal the Bacon 	<p>In all grade levels at BSS we stress the importance of respect, empathy, humility, perseverance, teamwork, leadership, cooperation, sharing, and self-discipline.</p> <p>We highlight the value of physical activity for health, enjoyment, self expression, social interaction, and overall physical and emotional wellness.</p> <p>Create an atmosphere that is safe, fun, and challenging.</p> <p>Foster the love of God, family, and all people regardless of physical differences or abilities.</p>

	<ul style="list-style-type: none"> ● Demonstrate self responsibility, teamwork, leadership, cooperation, and sharing. 		
Grades 2 - 5	<p>Movement Concepts, Body Management, and Locomotion:</p> <p>Students will improve motor skills and movement patterns needed to perform a variety of physical activities accompanied by manipulation skills.</p> <ul style="list-style-type: none"> ● Improve locomotion skills while moving to open spaces while traveling at increasing speed in large and small groups. ● Jumping for distance, height, proper take-off and landing skills. ● Learn kicking a rolling ball, hand dribbling with control, foot dribbling with control, punting, jumping rope, underhand and overhand throwing with proper technique, accuracy, and distance <p>Increase muscular strength, endurance, and flexibility.</p> <ul style="list-style-type: none"> ● Identify specific muscle groups responsible for physical activities. <p>Demonstrate growth and maturity in the areas of self responsibility, teamwork, leadership,</p>	<p>Cooperation Games:</p> <ul style="list-style-type: none"> ● Gladiator ● Newcomb Ball ● Treasure Hunt ● Dunk and Run ● Swamp Ball ● Keeper of the Castle ● Bok Ball ● Steal the Bacon <p>Ice Breaking Games:</p> <ul style="list-style-type: none"> ● Ships and Sailors ● Untie the Knot ● Keep it Up ● Monkey in the Middle ● Castle Ball <p>Sports:</p> <ul style="list-style-type: none"> ● Soccer ● Basketball ● Kickball ● Matball <p>Life skills:</p> <ul style="list-style-type: none"> ● Proper 	

	<p>cooperation</p> <ul style="list-style-type: none"> ● Express encouragement to others ● Accept roles of group members and abide by officials ● Value physical activity for health, enjoyment, self expression, and social interaction. 	<p>Warm-Ups</p> <ul style="list-style-type: none"> ● Stretching ● Cool Downs ● Basic Weight Training ● Functional Training ● Core Training ● Bootcamp ● Yoga ● Pilates <ul style="list-style-type: none"> ● Flexibility Testing ● Beep Test, President's Challenge <ul style="list-style-type: none"> ● Sprint/Jump Circuit ● Obstacle Course 	
<p>Grades 6 - 8</p>	<p>In Middle School physical activities emphasize:</p> <ul style="list-style-type: none"> ● working cooperatively to achieve a common goal, ● meeting challenges, ● decision making, ● teamwork, ● problem solving. <p>Movement Concepts, Body Management, and Locomotion:</p>	<p>All of the above - Cooperative Games, Ice Breaking Games, Sports</p> <ul style="list-style-type: none"> ● Increase of rules, leadership, and decision making. <p>Detailed instruction of:</p> <ul style="list-style-type: none"> ● Warm ups ● Stretching ● Cool Downs 	

	<ul style="list-style-type: none"> ● Improve locomotion skills while manipulating an object within a physical activity. ● Learn volleying an object repeatedly, striking a ball, dribbling to teammates with and without guarding with improved accuracy. ● Incorporate advanced overhand, side-arm, underhand catching, kicking, punting, striking, trapping, dribbling with hands and feet. ● Offense and defense techniques. ● Increase understanding of muscular strength, endurance and flexibility ● Increase understanding of muscle groups responsible for physical activities. <p>Demonstrate proper warm-up and cool down activities.</p> <p>Learn weight bearing exercises, core exercises, resistance weight training exercises and agility training.</p> <p>Participate productively in a group physical activity.</p> <ul style="list-style-type: none"> ● Agree on a common goal while participating in cooperative physical activities. ● Solve problems 	<ul style="list-style-type: none"> ● All types of aerobic, strength, core, flexibility, agility training, Yoga, Pilates <p>Detailed explanation of:</p> <ul style="list-style-type: none"> ● functions of major muscle groups ● Flexibility Testing ● Beep Test ● President's Challenge 	
--	--	--	--

	<ul style="list-style-type: none">● Demonstrate leadership while participating in the physical activity.● Accept differences in physical development and personal preferences as they affect participation in physical activities.● Abide by officials, accept roles of group members, learn leadership responsibilities. <p>Value physical activity for health, enjoyment, self expression, social interaction, and overall physical and emotional wellness for a lifetime.</p>		
--	--	--	--