

Physical Education Learning Goals

The learning goals for each grade in Physical Education can be similar and yet will build as each student's maturity and skill level changes. Below is a general list of what students should know and will be exposed to during the school year. Special projects and activities are incorporated during the year to provide additional grade appropriate content.

Kindergarten – 2nd grade

- Students can demonstrate how to perform different movements of walking, skipping, galloping, sliding, leaping, hopping, and running.
- Student can perform each skill moving in different directions (horizontal and vertical).
- Student can throw underhand and overhand from short and long distances.
- Students can throw underhand and overhand at different targets.
- Students can move freely in open space and move in different directions safely.
- Students can catch a ball with their hands, not body from short distances.
- Students can kick stationary ball forward using the correct kicking pattern.
- Students can strike an object with a short handled racket.
- Students can jump rope at least once or multiple times consecutively.
- Students will play various tag games (i.e. freeze tag, packman) to enhance different movement concepts.
- Students can use the parachute to perform different movements and work together.
- Students can perform different tag games and use the open space safely.
- Students can use the scooters to perform different games.
- Students will follow directions, follow rules, and show safe behaviors during activities.
- Students can share equipment and space with others.
- Students will learn character traits such as respect, caring, and responsibility.
- Students will understand the importance of sportsmanship.
- Students will learn bowling skills and participate in bowling games.
- Students will learn various tennis skills.
- Students will recognize that physical activity is important for good health.

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3rd grade – 5th grade

- Students can, using a mature pattern, perform hopping, galloping, sliding, skipping, and leaping.
- Students can perform agility skills of shuffling, backwards running, high knees, sprinting, and step lunges.
- Students can throw underhand and overhand using mature form.
- Students will play various dribbling games.
- Students can dribble the basketball stationary and while moving.
- Students can shoot the ball from various distances.
- Students can kick the ball using the mature form of kicking.
- Students will play various running games.
- Students will perform different fitness tests that include running, push-ups, sit ups and sit & reach.
- Students will play various tag games (i.e. freeze tag, packman) to observe space awareness.
- Students will learn to volley underhand over a net, multiple times consecutively.
- Students can jump rope multiple times consecutively.
- Students can catch a ball stationary and while moving.
- Students will perform various throwing and kicking games.
- Students will be able to play kickball and work well as a team.
- Students will work cooperatively with others and have good sportsmanship.
- Students will engage in cross-curricular activities.
- Students will learn bowling skills and play bowling games.
- Students will learn tennis skills and play in tennis games.
- Students will understand the benefits of how to use a step counter.
- Students will be able to examine the health benefits of participating in physical activity.

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6th – 8th Grade

- Students will perform various fitness tests which include push-ups, sit ups, pull ups, flex arm hang, sit and reach test, and mile run.
- Students will play various strategy games. (i.e. capture the flag)
- Students will perform different agility skills like running, shuffling, lunges, backwards running, high knees, and various combination skills.
- Students will perform different agility skills using the agility ladders.
- Students will learn the rules, skills, and play team games for basketball.
- Students will learn the rules, skills, and play team games for volleyball.
- Students will learn the rules, skills, and play team games for floor hockey.
- Students will learn the rules, skills, and play team games for soccer.
- Students will learn the rules, skills, and play team games for flag football.
- Students will learn the rules, skills, and play in team handball games.
- Students will be able to play kickball and work well as a team.
- Students will perform different exercises using resistant bands.
- Students will perform different cardio exercises using fitness steps.
- Students will learn strategies for each sport played.
- Students will understand the difference between cardio and muscular exercises.
- Students will understand the benefits of using a step counter.
- Students will be able to show sportsmanship and teamwork.
- Students will understand the difference between a warm up and cool down before and after physical activities.
- Students will learn how to develop strategies for balancing healthy food, snacks, and water intake, along with daily physical activity.