

Physical Education K-4

Students will:

- Develop muscular strength and endurance through exercise and appropriate activities
- Improve cardio respiratory endurance by regular exercise and other fitness related activities
- Improve flexibility by increasing the range of motion at specific joints through exercise
- Develop agility by practicing certain change of direction activities
- Develop competency in basic locomotor and nonlocomotor skills
- Develop body and space awareness through perceptual-motor abilities of laterality, directionality, body image, spatial orientation and balance
- Demonstrate ability in manipulation and control of designated objects within various environments
- Develop basic skills of play which can lead to successful participation in game and sport activities
- Develop self-confidence and a positive self-image through activity involvement
- Learn appropriate social behaviors such as how to interact with others by sharing, taking turns, following, leading, and good sportsmanship
- Develop proper safety practices when participating in physical activities
- Increase ability to move quickly through many speed related activities
- Improve skills of coordination through participation in suitable individual and dual sport activities
- Transfer physical education learning into habits of a lifetime such as recreational sports and leisure-time skills
- Recognize the relationship between nutrition and physical fitness
- Work cooperatively with others to complete a variety of tasks or assignments
- Understand the purpose of rules, procedures, etiquette, and respectful behavior

WOODWORTH ELEMENTARY PHYSICAL EDUCATION CURRICULUM OUTLINE GRADES K-4			
Instructor: Mark Frohriep			
	<u>Grades K-1</u>	<u>Grades 2-4</u>	<u>Other/Ongoing</u>
Sept	Classroom procedures/expectations/warm-up	Classroom procedures/expectations/warm-up	Students will
	Motor skill development	Cooperative games (personal/social skills)	participate in
	Motor skill development	Soccer skills (kicking, dribbling, ball control)	calisthenics and
	Soccer skills (kicking, dribbling...)	Soccer skills cont.	stretching during
Oct	Cooperative games (personal/social skills)	Football skills (kicking, throwing, catching, tag games)	every P.E. class
	Cooperative games (spatial awareness)	Cooperative games (spatial awareness)	
	Relays (motor skills)	Relays (motor skills)	
	Evaluation of skills	Fitness evaluation/goal-setting (rope climbing/strength)	
Nov	Rhythm and dance	Fitness evaluation/goal-setting (V-sit/flexibility)	
	Rhythm and dance	Fitness evaluation/goal-setting (Shuttle run/speed)	
	Throwing (T-formation)	Rhythm and dance	
	Balance/flexibility	Cardio-day	
Dec	Basketball (bouncing and dribbling)	Bowling (underhand roll)	
	Basketball (bouncing and dribbling)	Basketball skills (dribbling, passing, shooting, teamwork...)	
	Relays (movement/coordination)	Basketball skills cont.	
Jan	Scooter activities	Scooter activities	
	Cooperative games (personal/social skills)	Cooperative games (personal/social skills)	
	Parachute activities	Parachute activities	
	Parachute activities	4-square	
Feb	Ropes and mats	Ropes and mats	
	Floor hockey (stick/puck handling)	Floor hockey skills	
	Tumbling	Floor hockey skills cont.	
	Beanbag activities (underhand toss)	Beanbag activities (underhand toss)	
Mar	Bowling (underhand roll)	Cardio-day	
	Evaluation of skills	Evaluation of skills	
	Kicking activities	Volleyball skills	
	Cooperative games (personal/social skills)	Cooperative games (personal/social skills)	
Apr	Circle games (motor skills)	Locomotion activities	
	Locomotion activities	Baseball skills (throwing, catching, batting, running...)	
	T-ball skills (batting, running bases, catching...)	Baseball skills cont.	

	T-ball skills cont.	Track and field events	
May	Scooter activities	Track and field events	
	Motor skill activities (track and field)	Kickball	
	Motor skill activities (track and field)	Motor skills activities	
	Cooperative games (personal/social skills)	Fitness evaluation (rope climbing)	
June	Field day	Field day	
	Evaluation of skills	Evaluation of skills	