



Physical Education Curriculum

Kindergarten—Through simple activities such as tagging games, loco motor skills (skipping, hopping, and running) are taught. Body awareness, large motor skills, throwing and catching, body management, balance, coordination and identification of body parts are emphasized. Developing self-confidence and a positive self-image along with listening and following directions are important concepts.

1st Grade—Good citizenship and fair play are encouraged along with the concepts covered in Kindergarten. First graders are expected to master the fundamentals of loco motor skills (walking, running, hopping, skipping, leaping, galloping, stopping, dodging and changing directions) as well as manipulative skills (throwing, catching, kicking, batting, bouncing a ball, dribbling balance and jumping rope). Games and activities are more complex and good sportsmanship is emphasized.

2nd Grade—Most of the curriculum in second grade is similar to that of first grade. The games and activities become more complex and sophisticated. In addition the second grade engages in tumbling, floor hockey and specialized dances. Manipulative and loco motor skills become more refined as well as the students' capacity and endurance for physical activity.

3rd Grade—In addition to the concepts taught in earlier years, 3rd graders are introduced to team sports. Lead up games and skills are taught in the following sports; field hockey, soccer, football, volleyball, basketball, tumbling, floor hockey, track and field, softball, kickball, and lacrosse. Good sportsmanship, a positive self-image and confident athletic participation are emphasized.

4th Grade—The curriculum is similar to the 3rd grade curriculum, with the addition of increasing rules and interpretation of rules during games. Team and individual sports are taught along with emphasis on good citizenship and sportsmanship.

5th and 6th Grades/Intermediate School—The program emphasizes team sports that students may choose to play in coming years. Skill development and rule interpretation, good sportsmanship and full game participation are stressed. An after school program is offered one-two afternoons a week throughout the school year. 5th and 6th graders are leaders in the school community by serving as safeties. Safeties help younger children out of cars and walk them to their classrooms in the morning.

Health Curriculum

The classroom teachers in first and second grade teach health classes in coordination with the school nurse.

3rd Grade—Students study personal values, making healthy lifestyle choices, the five senses, creating a positive self esteem, dealing with emotions, conflict resolution, dealing with strangers, the effects of drugs, smoking, and alcohol on the body, and fire safety. Videos, special guest speakers, handouts and Current Health Magazine are all part of the curriculum.

4th Grade—Students study good health habits, the importance of exercise and healthy eating, family life, different types of families, how to communicate within the family, dealing with stress, basic needs, friendships and conflict resolution.

5th Grade—Students study healthy lifestyles, good personal hygiene (nails, hair, skin, teeth, ears and eyes), how to be a smart consumer of health products, fitness (aerobic, anaerobic, strength training, endurance, and flexibility), positive self image, healthy eating (foods, snacks, vitamins, and nutrients), how to manage stress, bullying and conflict resolution, and the systems of the body (skeletal, digestive, muscular, etc.). Videos, special guest speakers, handouts Current Health Magazine, individual reports and field trips are all part of the curriculum.

6th Grade—Students study pathogens, the immune system, infectious and non-infectious diseases, medicines (over the counter and prescription), drugs (legal, illegal, cigarettes and alcohol), how to say no to drugs, basic first aid, bicycle safety, fire safety, HIV and AIDS, public health and being a smart consumer, and family life. Videos, special guest speakers, handouts Current Health Magazine, individual reports and field trips are integral to the curriculum.

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