**Physical Education Curriculum**

Kindergarten and First Grade

Students will explore and learn many low organized games and fitness activities. Students will participate and begin to develop many positive mental and physical skills as well as positive physical habits while beginning to explore and learn through movement education activities.

* 4 or 5 minute run/walk (fitness)
* Parachute activities (listening and group activity)
* Prison Tag (space awareness and agility)
* Clean Out Your Backyard (team work and throwing skills)
* Step aerobics
* Organized station activities
  + Jump rope
  + Hula hoops
  + Pull ups
  + Wall climber
  + Balance beam
  + Toss games
  + Basketball free throws
  + Soccer skills
* Gymnastic stations
  + Crab walk
  + Log roll
  + Round off
  + Balance activities
* Music free time
* Running and relay races
* Soccer skills
  + Dribble
  + Passing
  + Shooting
* Obstacle course
* Volleyball skills
  + Dribbling
* Basketball skills
  + Dribbling
  + Passing
  + Shooting
* Baseball and softball skills
  + Throwing
  + Catching

Second and Third Grade

Students will explore a variety of sports and low organized games as well as aspects of health and wellness of the human mind and body. Students will participate and develop mental and physical health skills as well as positive work habits through most individual and group activities.

* Fitness Stations
  + Curl- ups
  + Pull- ups
  + Rope climb
  + Wall climber
  + Run/walk
  + Sit and reach (flexibility)

Second and Third Grade (cont.)

* Low organized games
  + Prison Tag
  + Clean Out Your Backyard
  + Games that teach listening and special awareness skills
* Activity stations
  + Jump roping
  + Hula hoop
  + Balance beam
  + Sports skills
* Sport units
  + Soccer
  + Volleyball
  + Basketball
  + Floor hockey
  + Baseball/softball
* Parachute activities
  + Floating Cloud
  + Shake It
  + Mountain
  + Cross under
  + Umbrella
  + Mushroom
* Speed agility activities
  + Relay races
  + Individual races
  + Run/walk activities
  + Obstacle course
  + Shuttle run
  + Other speed/agility based activities

Fourth Grade

Students will explore a variety of sports as well as aspects of health and wellness of the human mind and body. Students will participate and develop mental/physical health skills as well as positive work habits through individual and team building activities.

* Soccer
  + Skills and games
* Volleyball
  + Skills and games
* Youth fitness/Fitness Gram
  + ½ mile run/walk
  + Modified sit and reach
  + Pull-ups
  + Curl-ups
  + Push-ups
* Basketball
  + Skills and games
* Floor hockey
  + Skills and games
* Team handball
  + Skills and games
* Team safe dodgeball
  + Foam balls with modified safety boundaries
  + Team work, agility
  + Throw targeting
* Baseball/kickball
  + Skills and games
* Fitness stations
* Activity stations

5th and 6th Grade

* Soccer
* Volleyball
* Youth fitness
* Basketball
* Floor hockey
* Lacrosse
* Handball
* Dodgeball
* Baseball
* Kickball

7th and 8th Grade

* Nutrition
* Diseases
* Physical fitness
* Soccer
* Volleyball
* Basketball
* Floor hockey
* Lacrosse
* Handball
* Dodgeball
* Baseball
* Kickball