



## LOWER SCHOOL CURRICULUM SUMMARIES

### PHYSICAL EDUCATION

The physical education program is designed to challenge and inspire the students to engage in, appreciate, and deepen their knowledge of the importance and value of physical activity in a safe, non-threatening and inclusive environment.

The elementary curriculum places an emphasis on the development of basic body movement, gross locomotor skills, rhythmic activities and small team games. The program teaches students to develop skills in sportsmanship and fair play, fundamental skills and techniques along with good body mechanics. The program strives to provide an environment that promotes self-confidence through meaningful, challenging, and varied experiences. The selected activities will be suitable to the season as well as the developmental appropriateness of the target skill and age of the student. Our vision is to raise awareness for the need for physical activity among our students and to establish lifelong wellness.

*Sports/Activities include:*

#### Kindergarten-Second Grades

Soccer, Field & Floor Hockey, Throwing & Catching, Basketball, Beach Volleyball, Balance/Tumbling, Rhythmic Activities & Dance, Track & Field, Scoops/Lacrosse, and Tee Ball units

#### Third-Fourth Grades

Soccer, Field & Floor Hockey, Racket/Paddle Tennis, Touch Football, Seasonal Cooperative Games, Basketball/European team handball, Volleyball, Rock Wall, Target Time, Rhythmic Activities, Track & Field, Golf, Scoops/Lacrosse, Wiffleball/softball, and Kickball

*Units of Study Include:*

#### Kindergarten

- apply rules & sportsmanship to cooperative & small games
- demonstrate appropriate fitness levels; cardiovascular
- hand-eye coordination
- locomotor movements, mechanical skills
- personal space, patterns, and pathways
- age-appropriate sports skills

## **First Grade**

- apply rules & sportsmanship to cooperative & small games
- demonstrate appropriate fitness levels; cardiovascular
- hand-eye coordination
- locomotor movements, mechanical skills
- personal space, patterns, and pathways
- age-appropriate sports skills

## **Second Grade**

- apply rules & sportsmanship to cooperative & small games
- demonstrate appropriate fitness levels; cardiovascular
- hand-eye coordination
- locomotor movements, mechanical skills
- personal space, patterns, and pathways
- age-appropriate sports skills

## **Third Grade**

- apply rules & sportsmanship to cooperative & small games
- demonstrate appropriate fitness levels; cardiovascular
- hand-eye coordination
- locomotor movements, mechanical skills
- personal space, patterns, and pathways
- age-appropriate sports skills

## **Fourth Grade**

- apply rules & sportsmanship to cooperative & small games
- demonstrate appropriate fitness levels; cardiovascular
- hand-eye coordination
- locomotor movements, mechanical skills
- personal space, patterns, and pathways
- age-appropriate sports skills