

# Diocese of Jefferson City Physical Education

1. Play safely and by the rules.
2. Display good sportsmanship and Christian values.
3. Improve and refine physical skills.
4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life style.
5. Understand the physical challenges faced by people with disabilities.

## **Within the Kindergarten Physical Education Curriculum, students will:**

- K.1 Perform locomotor skills (balance, hop, leap, skip, gallop, run, animal walks, jump).
- K.2 Perform nonlocomotor skills (bending, twisting, stretching, turning, lifting)
- K.3 Perform perceptual motor proficiency (identification and movement of body parts).
- K.4 Move to a tempo.
- K.5 Move balls, scarves, hoops, sticks and other manipulatives to a rhythm.
- K.6 Travel, demonstrating a variety of relationships with objects (over, under, behind, alongside, through).
- K.7. Distinguish between straight, curved, and zigzag paths while traveling in various ways.
- K.8 Recognize ball skills with self and partner (throwing, catching, kicking, bouncing).
- K.9 Demonstrate skills in an organized game (tag, circle games).
- K.10 Demonstrate introductory jump rope skills. (e.g. rope on floor and jump over it).

## **Within the First Grade Physical Education Curriculum, students will:**

- 1.1 Perform locomotor skills in a more mature pattern (balance, hop, skip, gallop, run, jump).
- 1.2 Perform nonlocomotor skills (bend, twist, stretch, turn and sway).
- 1.3 Perform perceptual motor proficiency (move sideways, change directions, and move around as told to) using whole and separate body parts.

- 1.4 Demonstrate eye-hand and eye-foot coordination (overhand and underhand throws with different objects, correct catching techniques, roll a ball to a target, bounce a ball with both hands, bat a ball with your fist and hand, kick a stationary or moving ball).
- 1.5 Demonstrate increased muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities.
- 1.6 Demonstrate simple movement to rhythm with incorporation of manipulatives.
- 1.7 Follow rules and procedures with little reinforcement.

**Within the Second Grade Physical Education Curriculum, students will:**

- 2.1 Perform locomotor and nonlocomotor skills alone, with a partner, or in a group.
- 2.2 Demonstrate body control while performing perceptual motor proficiency (balancing).
- 2.3 Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions).
- 2.4 Display improved development in muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (basic jump rope skills and group games).
- 2.5 Move to different rhythms with manipulatives and experiment with basic dance movements.
- 2.6 Continue to follow rules and procedures with little reinforcement.

**Within the Third Grade Physical Education Curriculum, students will:**

- 3.1 Demonstrate the knowledge, rules, and skills needed to participate in modified team sports (striking, trapping, passing, shooting, team play and cooperation).
- 3.2 Show improved development in muscular strength, endurance, flexibility body awareness, and agility through fitness and recreational activities (exercises, jumping rope, endurance running and basic self-evaluation).
- 3.3 Move to more advanced rhythms (individual and group formations and basic steps).
- 3.4 Demonstrate the knowledge and skills needed to participate in individual and dual sports and recreational activities (perform proper warm-up and stretching techniques, and basic tumbling and balance).
- 3.5 Demonstrate the ability to engage in cooperative game activities.

**Within the Fourth Grade Physical Education Curriculum, students will:**

- 4.1 Display good sportsmanship including Christian values of winning and losing.
- 4.2 Continue to demonstrate the use of social and cooperative skills.
- 4.3 Identify their own strengths and weaknesses.
- 4.4 Demonstrate knowledge of rules and skills needed to improve participation in group and team sports (correct technique in ball handling, proper stepping, follow through, boundaries, and scoring).
- 4.5 Demonstrate increased muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (age appropriate standardized fitness tests).
- 4.6 Demonstrate improved movement through rhythms and dancing (individual and group dancing)
- 4.7 Demonstrate the knowledge and skills needed to participate in individual and dual sports and recreational activities.

**Within the Fifth Grade Physical Education Curriculum, students will:**

- 5.1 Demonstrate knowledge and skills which better enable and/or improve participation in group and team sports (more advanced rules for game play and basic strategies).
- 5.2 Demonstrate increased muscular strength, endurance, aerobic and anaerobic conditioning, flexibility, and agility through fitness and recreational activities (age appropriate standardized fitness tests and to develop a long-term plan that will further enhance their quality of life).
- 5.3 Improve movement through rhythms and more specific dance styles.
- 5.4 Demonstrate the knowledge and skills needed to participate in individual and dual sports and recreational activities (tumbling positions, skills and balancing techniques).

**Within the Sixth Grade Physical Education Curriculum, students will:**

- 6.1 Demonstrate the basic knowledge, benefits and conditioning requirements as they apply to personal health, wellness, and fitness needs.
- 6.2 Demonstrate knowledge, rules and skills necessary to participate in team sports.
- 6.3 Demonstrate increased muscular strength, endurance, aerobic and anaerobic conditioning, flexibility and agility through fitness and recreational activities (age appropriate standardized fitness tests, develop a long-term plan that will further

- enhance their quality of life, acknowledge progress, knowledge resting working heart-rates and using proper cool-down technique).
- 6.4 Improve movement through rhythms and specific dance styles.
  - 6.5 Demonstrate the knowledge and skills needed to participate in individual and recreational activities.

**Within the Seventh/Eighth Grade Physical Education Curriculum, students will:**

- 7-8.1 Demonstrate knowledge, rules and skills necessary to participate in team sports.
- 7-8.2 Assess physical fitness level and participate in activities that improve physical fitness, wellness, and cardiovascular capacity (assessment testing).
- 7-8.3 Demonstrate basic skills of movement (coordination, fluidity, rhythm) through selected activities.
- 7-8.4 Demonstrate the knowledge and skills needed to participate in individual and recreational activities (racquet sports, bowling, golf, swimming, track and field).
- 7-8.5 Understand and apply long-term physical, mental and social benefits of regular participation in physical activity.