



Physical Education (P.E.) Program

Elementary Physical Education (K-4): P.E. courses explore units in Personal /Social and Cognitive Skills, Activity Related Knowledge, Physical Fitness and Motor Skill Development. These courses focus on activities that contribute to lifelong health and well-being.

5th Grade: Large and small motor skills and object control can still be in a developing stage at this grade level; however, the class is focused on how these skills can be used in various sports and activities. Refining of these skills is still occurring. Emphasis is on learning and developing specific skills for specific sports. The concept of team and team sports are used extensively. Introduction to rules of the various sports and activities occurs at this grade level. Physical fitness continues with building strength and endurance to a higher level and adding to that power. Dance and movement skills are incorporated. Fitness as a lifelong pursuit is stressed. An emphasis is also placed on social and personal skills such as leadership and cooperation, sports etiquette and fair play, dealing with winning and losing, individual and property respect, tactic perseverance, and best effort.

6th Grade: Good physical fitness is stressed both for now and the future. Students are introduced to a healthy life-style. They are taught the value of various muscles and the proper exercise and stretch for each one. Emphasis is on learning and developing specific skills for each sport. Team sportsmanship and working together is stressed while learning the rules of various sports. Dance and movement skills are incorporated. The social and personal skills worked on are: leadership, cooperation, etiquette, fair play, dealing with winning and losing, respect of individual and property, perseverance, and best effort. Bowling is taught as an example of a life-long recreational sport to enjoy and it coordinates well with math for scoring.

7th Grade: A variety of sports and activities help to continue to develop and refine physical fitness, loco motor skills, and object control. Continuing to build strength, endurance, and flexibility set the groundwork for keeping fit. Various team sports are used as units of instruction. Rules and skills are learned in addition to social and personal development: cooperation, leadership, integrity, respect, fair play, initiative, responsibility, effort, self-discipline, goal setting, decision making, and performance standards.

8th Grade: Students in the eighth grade are taught multiple units per quarter. They include soccer, football, volleyball, basketball, floor hockey, fitness and bowling. In these units, students are taught the basic rules, skills, and strategies needed to compete in each one. In addition, fitness testing is conducted at the beginning and ending of the year as a means of gauging improvement in their over-all fitness.