

KEY LEARNINGS: PHYSICAL EDUCATION

2009-2011

KINDERGARTEN

Spiritual Emphasis

- Recognize that God's ideal for quality living includes a healthy lifestyle
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, trust in God
- Avoid at-risk behaviors
- Apply Christian principles in recreation and sports
- Achieve a balance in work and leisure; balancing physical, mental, social and spiritual activities
- Recognize the interaction of physical, mental and spiritual health with emotional and social well-being

Movement and Motor Skills

- Demonstrate progress toward the mature form of selected manipulative, locomotor and non-locomotor skills
- Demonstrate mature form in walking and running
- Identify fundamental movement patterns (skip, strike)
- Establish a beginning movement vocabulary, e.g. personal space, high/low levels, fast/slow speeds, light/heavy weight, balance, twist
- Apply appropriate concepts to performance, e.g. change direction while running

Lifestyle and Fitness

- Participate daily in moderate to vigorous physical activity
- Select and participate in activities that require some physical exertion during free time
- Identify likes and dislikes connected with participation in physical activity
- Sustain moderate to vigorous physical activity in accordance with an approved fitness test
- Identify the physiological signs of moderate physical activity, e.g. fast heart rate, heavy breathing
- Understand the value of engaging in physical activities as play and recreation
- Associate positive feelings with participation in physical activity and play
- Try new movement activities and skills

Sportsmanship and Appropriate Behaviors

- Learn and apply concepts of grace and forgiveness
- Apply, with teacher reinforcement, class room rules and procedures and safe practices
- Share space and equipment with others
- Recognize the joy of shared play
- Interact positively with students in class regardless of personal differences e.g. race, gender, disability, religion

FIRST AND SECOND GRADE

Spiritual Emphasis

- Recognize that God's ideal for quality living includes a healthy lifestyle
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, trust in God
- Avoid at-risk behaviors
- Apply Christian principles in recreation and sports
- Achieve a balance in work and leisure; balancing physical, mental, social and spiritual activities
- Recognize the interaction of physical, mental and spiritual health with emotional and social well-being

Movement and Motor Skills

- Demonstrate mature form in skipping, hopping, galloping and sliding
- Demonstrate mature motor patterns in simple combinations, e.g. dribbling a ball while running
- Demonstrate smooth transitions between sequential motor skills, e.g. running into a jump

- Exhibit the ability to adapt and adjust movement skills to uncomplicated, yet changing, environmental conditions and expectations, e.g. tossing a ball to a moving partner, rising and sinking while twisting, using different rhythms
- Demonstrate control in traveling activities (e.g. skipping, hopping, running) and weight bearing and balance activities on a variety of body parts
- Identify the critical element/s (technique/s) of basic movement patterns
- Apply movement concepts to a variety of basic skills
- Use feedback to improve performance

Lifestyle and Fitness

- Experience and express pleasure from participation in physical activity
- Identify at least one activity associated with each component of health-related physical activity, e.g. flexibility, muscular endurance, muscular strength, cardio-vascular endurance and body composition
- Engage in sustained physical activity that causes an increased heart rate and heavy breathing
- Recognize the physiological indicators that accompany moderate to vigorous physical activity, e.g. sweating, increased heart rate, heavy breathing
- Know how to measure heart rate
- Identify the components of health-related physical fitness
- Gain competence which will provide increased enjoyment in movement
- Try new activities
- Express feelings about and during physical activity
- Enjoy interaction with friends through physical activity

Sportsmanship and Appropriate Behaviors

- Apply rules, procedures and safe practices with little or no reinforcement
- Follow directions
- Work cooperatively with others to complete an assigned task
- Play and cooperate with others regardless of personal differences, e.g. gender, ethnicity, disability
- Treat others with respect during play
- Resolve conflicts in socially acceptable ways
- Practice Christ-like principles in interactions with others

THIRD AND FOURTH GRADE

Spiritual Emphasis

- Recognize that God's ideal for quality living includes a healthy lifestyle
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, trust in God
- Avoid at-risk behaviors
- Apply Christian principles in recreation and sports
- Achieve a balance in work and leisure; balancing physical, mental, social and spiritual activities
- Recognize the interaction of physical, mental and spiritual health with emotional and social well-being

Movement and Motor Skills

- Demonstrate mature form in all locomotor patterns and selected manipulative and non-locomotor skills
- Adapt a skill to the demands of a dynamic, unpredictable environment
- Acquire beginning skills of a few specialized movement forms
- Combine movement skills in applied settings
- Apply critical elements to improve personal performance in fundamental and selected specialized motor skills

- Use critical elements of fundamental and specialized movement skills to provide feedback to others
- Recognize and apply concepts that impact the quality of increasingly complex movement performance

Lifestyle and Fitness

- Select and participate regularly in physical activities for the purpose of improving skill and health
- Identify the benefits derived from regular physical activity
- Identify several moderate to vigorous physical activities that provide personal pleasure
- Identify several activities related to each component of physical fitness
- Associate results of fitness testing to personal health status and ability to perform various activities
- Meet the health-related fitness standards as defined by a fitness testing program
- Experience enjoyment while participating in physical activity
- Enjoy practicing activities to increase skill competence
- Interact with friends while participating in group activities
- Use physical activity as a means of self-expression

Sportsmanship and Appropriate Behaviors

- Follow, with few reminders, activity-specific rules, procedures and etiquette
- Utilize safety principles in activity situations
- Work cooperatively and productively with a partner or small group
- Work independently and on-task for a specified period of time
- Explore cultural/ethnic self-awareness through participation in physical activity
- Recognize the attributes that individuals with difference can bring to group activities
- Experience differences and similarities among people of different backgrounds by participating in activities of national, cultural and ethnic origins

FIFTH AND SIXTH GRADE

Spiritual Emphasis

- Recognize that God's ideal for quality living includes a healthy lifestyle
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, trust in God
- Avoid at-risk behaviors
- Apply Christian principles in recreation and sports
- Achieve a balance in work and leisure; balancing physical, mental, social and spiritual activities
- Recognize the interaction of physical, mental and spiritual health with emotional and social well-being

Movement and Motor Skills

- Demonstrate mature form for all basic manipulative, locomotor and non-locomotor skills
- Demonstrate increasing competence in more advanced specialized skills
- Adapt and combine skills to the demands of increasingly complex situations of selected movement forms
- Demonstrate beginning strategies for net and invasion games
- Apply previously learned knowledge, or use instruction to improve performance
- Apply information from a variety of internal and external sources to improve performance
- Identify and apply principles of practice and conditioning that enhance performance
- Recognize sport specific movement patterns that can be applied to games, e.g. similarity of the ready position in striking movement forms
- Understand terms that describe basic movement
- Use basic offensive and defensive strategies in non-complex settings

Lifestyle and Fitness

- Identify opportunities in the school and community for regular participation in physical activity
- Participate daily in some form of health-enhancing physical activity

- Discover personal interests and capabilities in regard to one's exercise behavior
- Identify the critical aspects of a healthy lifestyle
- Participate in moderate to vigorous physical activity in a variety of settings
- Monitor intensity of exercise
- Understand the reason for proper cool-down and warm-up techniques
- Begin to develop a strategy for the improvement of selected fitness components
- Work somewhat independently with minimal supervision in pursuit of personal fitness goals
- Meet the health-related fitness standards as defined by a standard physical fitness test, e.g. AAHPERD Physical Best, Fitnessgram, President's Challenge
- Recognize physical activity as a positive opportunity for social and group interaction
- Experience enjoyment from participation in physical activities
- Use physical activity to express feelings and relieve stress
- Seek personally challenging experiences in physically active opportunities

Sportsmanship and Appropriate Behaviors

- Participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations
- Work cooperatively and productively in a group to accomplish a set goal in cooperative and competitive activities
- Make conscious Christ-like decisions about applying rules, procedures and etiquette
- Utilize time effectively to complete assigned tasks
- Acknowledge differences in the behaviors of people of different gender, culture, ethnicity, development and disability by learning more about both similarities and differences
- Cooperate with disabled peers and those of different gender, race, ethnicity and religion
- Work cooperatively with both more and less skilled peers

SEVENTH AND EIGHTH GRADE

Spiritual Emphasis

- Recognize that God's ideal for quality living includes a healthy lifestyle
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, trust in God
- Avoid at-risk behaviors
- Apply Christian principles in recreation and sports
- Achieve a balance in work and leisure; balancing physical, mental, social and spiritual activities
- Recognize the interaction of physical, mental and spiritual health with emotional and social well-being

Movement and Motor Skills

- Demonstrate competence in modified versions of a variety of movement forms
- Understand and apply more advanced movement and game strategies
- Identify the techniques of intermediate and advanced sport specific skills
- Identify the steps needed to achieve a high performance level in individual, dual and team sports
- Learn, apply and share advanced sport skill knowledge

Lifestyle and Fitness

- Establish personal physical activity goals
- Participate regularly in health-enhancing physical activities in and out of the physical education class
- Explore a variety of new physical activities for personal interest in and out of the physical education class
- Describe the relationships between a healthy lifestyle and "feeling good"
- Participate in a variety of health-related fitness activities in both school and non-school settings
- Assess physiological indicators of exercise during and after physical activity
- Learn and apply basic principles of training to improve physical fitness
- Begin to develop personal fitness goals independently

- Meet the health-related fitness standards as defined by available fitness tests, e.g. AAPHERD Physical Best, Fitnessgram, President's Challenge
- Enjoy participation in physical activity
- Recognize the social benefits of participation in physical activity
- Try new and challenging activities
- Recognize physical activity as a vehicle for self-expression

Sportsmanship and Appropriate Behaviors

- Apply God's help in resisting the influence of peer pressure
- Solve problems by analyzing causes and potential solutions
- Analyze potential consequences when confronted with true competition
- Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings
- Recognize the role of sport, games and recreation
- Identify behaviors that are supportive and inclusive as well as behaviors that are exclusionary in physical activity settings
- Willingly join others of diverse cultures, religions, ethnicity, physical abilities and races during physical activity