

Physical Education Curriculum

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Kindergarten-4th Grade will participate in Physical Education twice a week.

5th Grade-8th grade will participate in Physical Education three times a week.

K	Monday & Friday
1st	Tuesday Wednesday
2nd	Tuesday Thursday
3rd	Wednesday Thursday
4th	Monday Wednesday
5th	Monday Thursday Friday
6th	Monday Wednesday Friday
7th	Monday Tuesday Friday
8th	Tuesday Wednesday Thursday

Middle School Grading:

Students are required to be prepared for class. That means having sneakers and changing into bridges attire of the required shirt and shorts. Students can earn up to **4 points** a class.

If a student does not have sneaker they are not allowed to participate for that day. If a student does not participate they will lose 4 points off their grade.

If a student does not have the required shirt or shorts they can lose up to **2 points** for that day.

Since we are changing in the ECC hallway student must remain quiet upon entering and leaving the bathroom. If a student is not quiet I will take **1 point** off their grade. If they continue to be noisy, I will take an additional point away. Student **MUST** understand that their is learning taking place in the classrooms and must demonstrate respect towards teachers, faculty and other students.

Physical Education Curriculum

Kindergarten-2nd Grade:

- ❖ Locomotor Skills
 - Walking
 - Jogging
 - Running
 - Skipping
 - Jumping
 - Galloping
 - Hopping
 - Marching
- ❖ Non Locomotor Movements
 - Bending
 - Flexing
 - Extending
 - Stretching
 - Twisting
 - Rotating
 - Swaying
 - Turning
 - Shaking
- ❖ Manipulative Movements
 - Throwing
 - Dribbling
 - Kicking
 - Punting
 - Bouncing
 - Catching
 - Volleying
- ❖ Movement and Spatial Awareness
 - Chasing, fleeing, dodging
 - Boundary awareness
 - Personal space awareness
 - Moving through space safely
 - Moving in different directions, ranges, pathways

- ❖ Fitness
 - Understand different components of fitness:
 - Cardiovascular endurance
 - Muscular Strength
 - Muscular Endurance
 - Flexibility
 - Perform and identify different fitness activities
 - Understanding the importance of and recognizing an elevated heart rate during physical activity
- ❖ Incorporated Sports Skills and Activities
 - Soccer
 - Basketball
 - Jump Rope
 - Volleyball
 - Scooter Play
 - Parachute Play
 - Bowling
 - Gymnastics
 - Cooperative Games/ Team Building
 - Yoga
- ❖ Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment

Physical Education Curriculum

3rd-5th Grade:

- ❖ Movement/ Spatial Awareness
 - Chasing, fleeing, dodging
 - Speed
 - Agility
 - Defending space
 - Understanding the roles of offense and defense
 - Combination movement
 - Locomotor, non locomotor, manipulative movements/ skills
- ❖ Manipulative Skills
 - Throwing and catching (advanced)
 - Striking- with and without objects/ equipment
 - Passing
 - Shooting
 - Rolling (advanced)
 - Volleying-individual/ partner
- ❖ Fitness and Nutrition
 - Fitness testing begins*
 - Understanding food pyramid
 - Recognizing and understanding different fitness components and how they relate to health and wellness
 - Cardiovascular endurance
 - Muscular Strength
 - Muscular Endurance
 - Flexibility
 - Body composition
 - Physical activity with nutrition
 - Cooperative Games/ Team Building Activities
 - Working together

- Problem solving
- Communication Skills
- Good Sportsmanship

- ❖ Incorporated Sports Skills and Activities
 - Soccer
 - Basketball
 - Football
 - Team Handball
 - Jump Rope
 - Scooter Hockey
 - Volleyball
 - Bowling
 - Gymnastics
 - Kickball
 - Wiffle Ball
 - Yoga
 - Gymnastics/ Tumbling

- ❖ Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment

Physical Education Curriculum

6th-8th Grade:

❖ Manipulative Skills (Proficiency*)

- Throwing and catching (advanced)
- Striking- with and without objects/ equipment
- Passing
- Shooting
- Rolling (advanced)
- Volleying-individual/ partner

❖ Fitness and Nutrition

- Fitness testing begins*
- Understanding food pyramid
- Recognizing and understanding different fitness components and how they relate to health and wellness
 - Cardiovascular endurance
 - Muscular Strength
 - Muscular Endurance
 - Flexibility
 - Body composition
 - Physical activity with nutrition
- Cooperative Games/ Team Building Activities
 - Working together
 - Problem solving
 - Communication Skills
 - Good Sportsmanship
 - Critical Thinking
 - Leadership and listening

❖ Incorporated Sports Skills and Activities

- Students will be able to demonstrate at an advanced or proficient level

- Understanding and demonstrating strategy in games
- Understand rules of various sports
- Have a basic understanding of various team sports and being able to demonstrate the basic advanced skills required to play:

- Soccer
- Basketball
- Football
- Team Handball
- Jump Rope
- Scooter Hockey
- Volleyball
- Bowling
- Gymnastics
- Kickball
- Wiffle Ball
- Yoga
- Gymnastics/ Tumbling

- ❖ Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment

- ❖ Students will understand and be able to manage their personal and community resources.

Physical Education Curriculum

5th, 6th & 7th HEALTH/ FACS

Physical Health:

Physical health can mean many different aspects, from the absence of disease to fitness. These are components that will be discussed in class:

- Physical activity - strength, flexibility, and endurance, anaerobic vs aerobic exercise
- Nutrition and diet - vitamins, minerals, water consumption, how exercise affects the body
- Alcohol and drugs -abstinence/ moderation, smoking, vaping
- Medical self-care -first aid, CPR, AED
- Rest and sleep - how sleep affects the body, sleep cycles

Social Health

Social health relates to an individual's ability to interact with others. These are the components that will be discussed in class:

- Interpersonal relationships with others
- Adapt to different social situations and act appropriately in a variety of settings (peers, friends, family, teammates)
- Strong communication skills
- Empathy
- Accountability
- Peer pressure
- Risk Factors

Mental and Emotional Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. These are the components that will be discussed in class:

- Biological factors, such as genes
- Life experiences
- Family history of mental health problems
- Mood, feelings
- Behavior
- Stress management