

# Physical Education

Physical education is an integral part of the Catholic schools' total education program. As such, it provides learning experiences which contribute to the psychomotor, cognitive, and affective development of each student.

Central to the program is movement education, which focuses on exploration, creativity, problem solving, formation of concepts, and development of skills. The development and maintenance of a high degree of physical fitness increases one's potential movement. Physical education is concerned with both the versatility and quality of movement of each student now and in the future.

Participation in physical activities contributes to the development of self-confidence, social skills, and an appreciation of God's gift of life and movement.

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**PROGRAM GOAL I: MOVEMENT EDUCATION**

**PROGRAM OBJECTIVES:**

- A. Demonstrates awareness of body and space
- B. Executes basic non-locomotor and locomotor patterns
- C. Moves in response to rhythm
- D. Explores and develops the body's potential for movement

**SKILL LEVELS:**

- I-Introduce
- D-Develop
- M-Master
- R- Reinforce

SUBJECT OBJECTIVES:		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
A.	<b>BODY AWARENESS</b>									
A1.	Recognizes and names common body parts	I	M	R						
A2.	Identifies right side and left side	I	I	D	M	R				
A3.	Demonstrates body positions: standing, sitting, kneeling, lying, squatting	I	D	M	R					
A4.	Applies principles of body movements while standing, sitting, kneeling, and lying	I	I	D	M	R				
A5.	Demonstrates body positions: straddle, tuck, and pike	I	I	D	M	R				
A6.	Demonstrates understanding of directions: backward/forward, high/low, in front/in back, into/out of, on top/underneath, top/bottom, over/under, up/down, around/through/across	I	D	M	R					
A7.	Demonstrates understanding of directions: above/below, along, toward/away, beside, to the side of, sideways, inside/outside, between, behind/ahead	I	I	D	M	R				
A8.	Demonstrates understanding of relationships between self and others: face to face, back to back, side by side, close together, far apart	I	I	D	M	R				
A9.	Demonstrates understanding of clockwise/counterclockwise	I	I	D	M	R				

SUBJECT OBJECTIVES:		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
A11.	Demonstrates ability to follow and lead	I	I	D	M	R				
A12.	Relaxes total body or parts	I	I	D	M	R				
A13.	Performs exercise to improve posture	I	I	D	M	R				
A14.	Develops sense of respect for one's body	I	I	D	D	D	M	R		
A15.	Knows and follows safety rules related to class procedures	I	I	D	D	M	M	M	M	M
A16.	Experiences the pleasure of movement	I	I	D	D	D	D	D	D	D
A17.	Wears proper clothes and shoes for physical activities	I	I	D	M	M	M	M	M	M
B.	<b>BASIC MOVEMENT NON-LOCOMOTOR AND LOCOMOTOR</b>									
B1.	Performs skills such as stretches, bends, twists, turns, and rocks total body and individual parts	I	D	M	R					
B2.	Pushes body away from objects and objects away from body	I	D	M	R					
B3.	Pushes, pulls, lifts, and holds objects of various sizes, shapes, and weights	I	I	D	M	R				
B4.	Identifies basic movement patterns and terminology associated with them (zigzag, straight, curve)	I	I	D	M	R				
B5.	Raises and lowers body with correct body alignment and good balance	I	I	D	M	R				
B6.	Walks, runs, skips, slides, and gallops changing direction, levels, and speed with correct body alignment	I	I	D	M	R				
B7.	Moves in space without collisions	I	I	D	M	R				
B8.	Jumps attempting to gain height, distance, and to land softly	I	D	D	M	R	R	R	R	R
B9.	Jumps over stationary object	I	D	D	M	R				
B10.	Hops in place, to move and over stationary objects	I	D	M	R					

SUBJECT OBJECTIVES		GRADE LEVEL											
		K	1	2	3	4	5	6	7	8			
B11.	Performs combinations of locomotor and non-locomotor skills in relation to development of sport skills				I	D	D	M	R	R			
B12.	Moves in direction opposite to leader	I	I	D	M	R	R	R	R	R			
B13.	Uses movement to express feelings	I	I	D	M	R							
B14.	Uses movement imitatively: animals, personalities, fictitious characters, machines	I	D	M	R								
C.	RHYTHMIC MOVEMENT												
C1.	Performs basic locomotor movements in response to beat	I	I	D	M	R							
C2.	Moves with basic formations: partners, scattered, line, circle	I	I	D	M	R							
C3.	Performs traditional dance steps in various ethnic, cultural and recreational dances and understands terminology	I	I	D	M	R							
C4.	Jumps to beat of music	I	D	M	R								
C5.	Bounces, catches and dribbles ball to beat of music	I	I	D	M	R							
C6.	Tosses ball with one hand and catches with the other keeping time with the beat			I	D	M	R						
C7.	Hits the floor, passes, and creates own routine using rhythmic sequence		I	D	M	R	R	R					
C8.	Responds to changes in patterns and rhythmic tempos while handling objects			I	D	M	R						

**PROGRAM GOAL II: FITNESS**

**PROGRAM OBJECTIVES:**

- A. Develops the level of fitness necessary to maintain a healthy body
- B. Develops the level of fitness necessary for participation in games and sports

**SKILL LEVELS:**

- I - Introduce
- D - Develop
- M - Master
- R - Reinforce

SUBJECT OBJECTIVES:		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
A.	HEALTH RELATED FITNESS									
A1.	Develops a positive attitude toward a lifetime of physical fitness	I	I	R	R	R	R	R	R	R
A2.	Assumes responsibility for development of personal fitness and personal fitness goals					I	D	M	R	R
A3.	Recognizes necessity of warm-ups and stretching of body muscles before strenuous exercise	I	I	D	M	R	R	R	R	R
A4.	Recognizes necessity of slow cool down period after strenuous activity	I	I	D	M	R	R	R	R	R
A5.	Understands the role of regular exercise as one means of overall health	I	I	R	R	R	R	R	R	R
A6.	Understands physical activities help develop mental, social and emotional well being	I	I	R	R	R	R	R	R	R
A7.	Develops agility, flexibility and coordination		I	D	R	R	R	R	R	R
A8.	Develops abdominal strength and endurance				I	D	D	D	D	D
A9.	Develops strength in arm and leg muscles				I	D	D	D	D	D

SUBJECT OBJECTIVES		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
B.	SPORT RELATED FITNESS									
B1.	Develops endurance through increasing distance runs					I	D	D	D	D
B2.	Runs sprint distances				I	D	D	D	D	D
B3.	Hurdles a series of low objects						I	D	D	D
B4.	Jumps (up, out, over) landing lightly on feet				I	D	D	M	M	M

**PROGRAM GOAL III: MANIPULATIVE SKILLS DEVELOPMENT**

**PROGRAM OBJECTIVES:**

- A. Uses manipulative equipment to develop various components of movement and physical fitness
  - B. Sending Skills
  - C. Receiving Skills
- SKILL LEVELS**  
 I - Introduce  
 D - Develop  
 M - Master  
 R - Reinforce

SUBJECT OBJECTIVES:		GRADE LEVEL											
		K	1	2	3	4	5	6	7	8			
A.	MANIPULATIVE SKILLS												
A1.	Jumps over low rope, still and moving	I	I	M	R	R							
A2.	Jumps rope turned by someone else		I	D	D	M	R						
A3.	Jumps forward and backward in a self-turned rope		I	D	D	M	R						
A4.	Jumps over self-turned rope, traveling from one place to another		I	D	M	R	R						
A5.	Turns rope in cooperation with partner		I	D	D	M	R						
A6.	Changes speed while jumping: slow-time, fast-time, double-time			I	D	D	M	R					
A7.	Improvises jumping routines				I	D	M	R					
A8.	Makes ripples and waves with parachute	I	D	M	R								
A9.	Cooperates with others to make mushrooms, mountains, etc., using parachute	I	D	M	R								
A10.	Uses balls on tightly held chute to make "popcorn"	I	D	M	R								
A11.	Uses hoops to improve coordination and dexterity	I	I	D	M	R							
A12.	Propels self on scooter using hands and feet	I	D	M	R								

SUBJECT OBJECTIVES		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
B.	SENDING SKILLS									
B1.	Rolls a ball underhand in a straight line	I	D	M	R					
B2.	Rolls a variety of size, weight, and shape objects	I	D	M	R					
B3.	Rolls a ball with different amounts of force to a specific target		I	D	M	R				
B4.	Tosses a ball or bean bag high into the air	I	D	M	R	R				
B5.	Throws a variety of objects overhand for distance		I	D	M	R	R			
B6.	Throws overhand at a target		I	D	M	R	R	R		
B7.	Throws with different amounts of force	I	I	D	M	R				
B8.	Throws at a wall so the ball will return on the bounce		I	D	M	R				
B9.	Throws at or to moving targets			I	D	M	R	R	R	R
B10.	Passes ball to a partner so that he/she can catch it	I	I	D	D	M	R	R	R	R
B11.	Passes ball by using a bounce pass		I	D	D	M	R	R	R	R
B12.	Tosses a small object with one hand and catches with the other			I	D	M	R	R		
B13.	Dribbles a ball with each hand			I	D	D	M	R	R	R
B14.	Dribbles in general space controlling the ball			I	D	D	M	R	R	R
B15.	Dribbles around objects staying between the ball and object				I	D	M	R	R	R
B16.	Dribbles, changing direction, speed, hands, and levels				I	D	M	R	R	R
B17.	Dribbles and passes to a target or partner				I	D	M	R	R	R
B18.	Dribbles and sends a ball toward a high target				I	D	M	R	R	R
B19.	Holds a ball and hits it towards a target			I	D	D	M	R		
B20.	Hits a ball off a batting tee with plastic bat		I	D	D	M				
B21.	Strikes shuttlecocks with rackets or paddles		I	D	D	D	D	M	R	
B22.	Kicks a stationary ball	I	D	M	R					
B23.	Kicks a ball with different amounts of force	I	I	D	M	R				
B24.	Kicks with both sides of the feet		I	D	D	M	R	R	R	R
B25.	Controls the ball with feet or other body parts		I	D	D	D	M	R	R	R
B26.	Controls ball with feet moving around objects and targets			I	D	D	M	R	R	R
B27.	Kicks a ball through goals		I	D	D	D	M	R	R	R
B28.	Kicks a ball rolled by a partner			I	D	D	M	R		
B29.	Pushes a ball or puck using stick				I	D	M	R	R	R

SUBJECT OBJECTIVES		GRADE LEVEL								
		K	1	2	3	4	5	6	7	8
C.	RECEIVING SKILLS									
C1.	Stops (hand trap) a rolled ball	I	M	R						
C2.	Stops a rolling ball with the foot or other body parts		I	D	D	M	R	R	R	R
C3.	Moves to intercept a rolling ball with the feet	I	I	D	M	R	R	R	R	R
C4.	Catches a tossed ball	I	D	D	M	R				
C5.	Catches a bounced ball	I	D	D	M	R				
C6.	Keeps light weight ball going back and forth over a net				I	D	M	R		
C7.	Receives and controls objects coming with different amounts of force, from different directions and at different levels		I	D	D	D	M	R	R	R
C8.	Catches a kicked ball			I	D	M	R	R	R	R
C9.	Traps and controls ball or puck using foot or stick					I	D	M	R	R
C10.	Controls a ball or puck without personal contact					I	D	M	R	R

**PROGRAM GOAL IV: GAMES & SPORTS**

**PROGRAM OBJECTIVES:**

- A. Develops healthy attitudes toward participation in group games and sports
- B. Knows rules and strategies of popular team and individual sports
- C. Develops personal skills necessary for participation in leisure time sport program

**SKILL LEVELS:**

- I-Introduce
- D-Develop
- M-Master
- R-Reinforce

SUBJECT OBJECTIVES:		GRADE LEVEL									
		K	1	2	3	4	5	6	7	8	
A.	ATTITUDES										
A1.	Participation in games and sports	I	I	D	D	M	R	R	R	R	
A2.	Understands the value of teamwork	I	I	D	M	R	R	R	R	R	
A3.	Understands safety protocol in an activity	I	I	D	D	M	R	R	R	R	
A4.	Demonstrates sportsmanship and emotional control in a variety of activities and games	I	I	D	M	R	R	R	R	R	
A5.	Follows rules in games and sports	I	I	D	M	R	R	R	R	R	
A6.	Understands the need to practice to improve skills				I	D	M	R	R	R	
B.	KNOWLEDGE										
B1.	Knows rules involved in games and sports	I	R	R	R	R	R	R	R	R	
B2.	Understands techniques and strategies of games and sports	I	D	D	D	D	D	D	D	D	
B3.	Understands learning to play many kinds of positions				I	D	D	D	D	D	
B4.	Knows terminology used in kickball				I	D	M	R	R	R	
B5.	Knows terminology used in basketball				I	D	M	R	R	R	
B6.	Knows terminology used in volleyball					I	D	M	R	R	
B7.	Knows terminology used in soccer				I	D	M	R	R	R	
B8.	Knows terminology used in football							I	D	M	
B9.	Knows terminology used in badminton						I	D	M	R	
B10.	Knows terminology used in tennis								I	D	
B11.	Knows terminology used in floor hockey					I	D	M	R	R	
B12.	Understands scoring for games and sports					I	D	M	R	R	
B13.	Develops understanding and leadership by officiating							I	D	D	

SUBJECT OBJECTIVES		GRADE LEVEL									
		K	1	2	3	4	5	6	7	8	
C.	SKILLS										
C1.	Understands that tagging is not hitting, pushing, tackling, or holding	I	I	D	M	R	R	R	R	R	R
C2.	Intercepts objects without personal contact					I	D	M	R	R	
C3.	Intercepts and passes to teammate					I	D	M	R	R	
C4.	Executes basic skills in kickball game				I	D	M	R	R	R	
C5.	Executes basic skills in basketball game				I	D	M	R	R	R	
C6.	Executes basic skills in volleyball game					I	D	M	R	R	
C7.	Executes basic skills in soccer game				I	D	M	R	R	R	
C8.	Executes basic skills in flag football game							I	D	M	
C9.	Executes basic skills in floor hockey game					I	D	M	R	R	
C10.	Executes basic skills in tennis match								I	D	
C11.	Executes basic skills in a badminton game						I	D	M	R	
C12.	Plays offensive and defensive positions				I	D	M	R	R	R	
C13.	Compares similarities of skills and strategies of team sports					I	D	M	R	R	