

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Preschool

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

Physical education at the preschool age is defined as gross and sensory motor development. As part of the preschool curriculum, P.E. is integrated with the social, emotional, spiritual and cognitive needs of young children.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity (2, 3)
- Students will show the ability to understand and follow simple rules for games (2, 3, 4)

- Students will understand that skill development requires practice (2, 3)
- Students will show a willingness to stay on task until an activity is completed (2, 3)
- Students will understand the importance of safety during physical activities and recognize risks (2, 3)
- Students will experience the joy of success through achievement in physical activities (2, 4)
- Students will learn to work as a team and appreciate the abilities of others (2, 3, 4)
- Students will demonstrate a willingness to abide by group decisions on rules and regulations (4)
- Students will understand the benefits of physical fitness (3)
- Students will understand the importance of safety to self and others (3)
- Students will accept responsibility for their own efforts (2, 3, 4)
- Students will demonstrate sportsmanship when participating in games and activities (2, 4)
- Students will understand that the body and physical movement is part of God's wonderful creation (2, 3, 4)

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS:

Walk, run, hop, leap, jump, slide, skip, gallop, move with control, use scooters and ride tricycles and other wheeled-toys, parachute play, pantomime (2, 3)

MANIPULATIVE SKILLS:

Throwing, catching, climbing, kicking (2, 3)

RHYTHM & DANCE:

Marching to music (2, 3)

Moving to music (2, 3)

Scarf dancing (2, 3)

Pantomime (2, 3)

GYMNASTICS & TUMBLING:

Balance Beam (2, 3)

Crawling, forward rolls, hula hoops (2, 3)

GAMES:

Mother May I?...Follow the Leader...Hot Potato....Simon Says....Kitty Wants a Corner....Farmer in the Dell....Red Light Green Light....Duck Duck Goose....Mr. Wolf What Time is It?...Ring Around the Rosey....London Bridges....Musical Chairs.....Drop the Handkerchief....Tag Games, Relay Races (2, 3, 4)

FITNESS ACTIVITIES: N/A

ASSESSMENT TECHNIQUES:

"This I Know" Assessment Book for 4 year old & Teacher Observation

INSTRUCTIONAL RESOURCES:

Integrating the Faith

Core Knowledge

Music Teacher

Songs for Learning Preschool Curriculum

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Kindergarten

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The Kindergarten physical education program is designed to help children develop positive body awareness, confidence, and sensory motor skills of both fine and gross muscle movement, game play capabilities, safety, and sportsmanship. Students will understand the benefits of physical fitness and an understanding that their body is part of God's wonderful creation.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity (2)
- Students will show the ability to understand and follow simple rules for games (3)
- Students will understand that skill development requires practice (2, 3)
- Students will show a willingness to stay on task until an activity is completed (2, 3)
- Students will understand the importance of safety during physical activities and recognize risks (2)
- Students will experience the joy of success through achievement in physical activities (2)
- Students will learn to work as a team and appreciate the abilities of others (2)
- Students will demonstrate a willingness to abide by group decisions on rules and regulations (2)
- Students will understand the benefits of physical fitness (2)
- Students will understand the importance of safety to self and others (2, 4)
- Students will accept responsibility for their own efforts (2)
- Students will demonstrate sportsmanship when participating in games and activities (2)
- Students will understand that the body and physical movement is part of God's wonderful creation (4, 2)

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- Leaping, galloping and skipping individually or in simple sequence. (2)
- The student will perform skills of swinging, bending, stretching, twisting, turning, pushing, pulling, starting, and stopping individually or in a simple sequence. (2)
- The student will perform simple movement sequences involving two or more elements of body awareness, space awareness, and relationship to other objects or people. (2)
- The student will show the ability to repeat and improve the quality of movement sequences. (2)
- The student will show the ability to create simple movement sequences. (2)
- The student will perform skills of walking, running; jumping, hopping, sliding, student will express themselves creatively using mimetics. (2)

MANIPULATIVE SKILLS

- The student will learn techniques for catching, throwing, rolling, dribbling, juggling, dodging, and/or striking an implement. (e.g. ball, beanbag, etc.) (2)

RHYTHM & DANCE

- The student will learn basic jump roping techniques. (2)
- The student will show the ability to perform locomotor and non-locomotor routines in time to simple rhythmic accompaniment. (e.g. parachute, ribbon streamers, rhythm stick routines)
- The student will express themselves creatively with body movements and implements (scarves, ribbon streamers, etc.) to the tempo and intensity of music selections.

GAMES

- The student will participate in activities and games which provide lead-up skills for team sports..
- The student will learn a variety of cooperative sports and games.
- The student will participate in simple competitive sports and games.

FITNESS ACTIVITIES

- The student will practice simple stretching and fitness routines.
- The student will participate in the Presidential Physical Fitness program.
- The student will participate in directed walking and running activities for fitness.

ASSESSMENT TECHNIQUES

- The Presidential Physical Fitness Tests
- Teacher observations

INSTRUCTIONAL RESOURCES

- 99 Awesome Instant Elementary School Physical Education Activities on Task Cards by Cliff Barnes
- The Cooperative Sports and Games Book: Challenge Without Competition by Terry Orlick
- The Joint is Jumping: Rope Jumping Activities K-6 by Mary Lynn Reed
- Curriculum Manual for Elementary Physical Education by Mel Nicks

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: First

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

First grade physical education is designed to build on the skills and learning of Kindergarten. Students will participate in movement and motor skills, manipulative skills, rhythm and dance, gymnastics and tumbling, games and sports and fitness activities.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity
- Students will show the ability to understand and follow simple rules for games
- Students will understand that skill development requires practice
- Students will show a willingness to stay on task until an activity is completed
- Students will understand the importance of safety during physical activities and recognize risks
- Students will experience the joy of success through achievement in physical activities
- Students will learn to work as a team and appreciate the abilities of others
- Students will demonstrate a willingness to abide by group decisions on rules and regulations
- Students will understand the benefits of physical fitness
- Students will understand the importance of safety to self and others
- Students will accept responsibility for their own efforts
- Students will demonstrate sportsmanship when participating in games and activities
- Students will understand that the body and physical movement is part of God's wonderful creation

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- leaping, galloping and skipping individually or in simple sequence.
- The student will perform skills of swinging, bending, stretching, twisting, turning, pushing, pulling, starting, and stopping individually or in a simple sequence.
- The student will perform simple movement sequences involving two or more elements of body awareness, space awareness, and relationship to other objects or people.
- The student will show the ability to repeat and improve the quality of movement sequences.
- The student will show the ability to create simple movement sequences.
- The student will perform skills of walking, running, jumping, hopping, sliding, student will express themselves creatively using mimetics.

MANIPULATIVE SKILLS

- The student will learn techniques for catching, throwing, rolling, dribbling, juggling, dodging, and/or striking an implement. (e.g. ball, beanbag, etc.)

RHYTHM & DANCE

- The student will learn basic jump roping techniques.
- The student will show the ability to perform locomotor and non-locomotor

routines in time to simple rhythmic accompaniment. (e.g. parachute, ribbon streamers, rhythm stick routines)

- The student will express themselves creatively with body movements and implements (scarves, ribbon streamers, etc.) to the tempo and intensity of music selections.

GAMES

- The student will participate in activities and games which provide lead-up skills for team sports..
- The student will learn a variety of cooperative sports and games.
- The student will participate in simple competitive sports and games.

FITNESS ACTIVITIES

- The student will practice simple stretching and fitness routines.
- The student will participate in the Presidential Physical Fitness program.
- The student will participate in directed walking and running activities for fitness.

ASSESSMENT TECHNIQUES

- The Presidential Physical Fitness Tests
- Teacher observations

INSTRUCTIONAL RESOURCES

- 99 Awesome Instant Elementary School Physical Education Activities on Task Cards by Cliff Barnes
- The Cooperative Sports and Games Book: Challenge Without Competition by Terry Orlick
- The Joint is Jumping: Rope Jumping Activities K-6 by Mary Lynn Reed
- Curriculum Manual for Elementary Physical Education by Mel Nicks

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Second

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The second grade class has physical fitness education three half-hour periods a week. The athletic field, gym and neighborhood are used for fitness exercise, walking, rhythm and dance, games, sports, movement, and developing motor skills.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity
- Students will show the ability to understand and follow simple rules for games
- Students will understand that skill development requires practice
- Students will show a willingness to stay on task until an activity is completed
- Students will understand the importance of safety during physical activities and recognize risks
- Students will experience the joy of success through achievement in physical activities
- Students will learn to work as a team and appreciate the abilities of others
- Students will demonstrate a willingness to abide by group decisions on rules and regulations
- Students will understand the benefits of physical fitness
- Students will understand the importance of safety to self and others
- Students will accept responsibility for their own efforts
- Students will demonstrate sportsmanship when participating in games and activities
- Students will understand that the body and physical movement is part of God's wonderful creation

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- Leaping, galloping and skipping individually or in simple sequence. (2, 3)
- The student will perform skills of swinging, bending, stretching, twisting, turning, pushing, pulling, starting, and stopping individually or in a simple sequence. (2, 3)
- The student will perform simple movement sequences involving two or more elements of body awareness, space awareness, and relationship to other objects or people. (2, 3)
- The student will show the ability to repeat and improve the quality of movement sequences. (2, 3)
- The student will show the ability to create simple movement sequences. (2, 3)
- The student will perform skills of walking, running; jumping, hopping, sliding, student will express themselves creatively using mimetics. (2, 3)

MANIPULATIVE SKILLS

- The student will learn techniques for catching, throwing, rolling, dribbling, juggling, dodging, and/or striking an implement. (e.g. ball, beanbag, etc.) (2, 3)

RHYTHM & DANCE

- The student will learn basic jump roping techniques. (2, 3)
- The student will show the ability to perform locomotor and non-locomotor routines in time to simple rhythmic accompaniment. (e.g. parachute, ribbon streamers, rhythm stick routines) (2, 3, 4)
- The student will express themselves creatively with body movements and implements (scarves, ribbon streamers, etc.) to the tempo and intensity of music selections. (2, 3, 4)

GAMES

- The student will participate in activities and games which provide lead-up skills for team sports. (2, 3, 4)
- The student will learn a variety of cooperative sports and games. (2, 3 4)
- The student will participate in simple competitive sports and games. (2, 3 4)

FITNESS ACTIVITIES

- The student will practice simple stretching and fitness routines. (2, 3)
- The student will participate in the Presidential Physical Fitness program. (2, 3)
- The student will participate in directed walking and running activities for fitness. (2, 3)

ASSESSMENT TECHNIQUES

- The Presidential Physical Fitness Tests
- Teacher observations

INSTRUCTIONAL RESOURCES

- 99 Awesome Instant Elementary School Physical Education Activities on Task Cards by Cliff Barnes
- The Cooperative Sports and Games Book: Challenge Without Competition by Terry Orlick
- The Joint is Jumping: Rope Jumping Activities K-6 by Mary Lynn Reed
- Curriculum Manual for Elementary Physical Education by Mel Nicks

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Third

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The Third grade P.E. program includes activities and games that help develop movement, motor and manipulative skills. It also includes activities that promote physical fitness and knowledge of games and sports.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity
- Students will show the ability to understand and follow simple rules for games
- Students will understand that skill development requires practice
- Students will show a willingness to stay on task until an activity is completed
- Students will understand the importance of safety during physical activities and recognize risks
- Students will experience the joy of success through achievement in physical activities
- Students will learn to work as a team and appreciate the abilities of others
- Students will demonstrate a willingness to abide by group decisions on rules and regulations
- Students will understand the benefits of physical fitness
- Students will understand the importance of safety to self and others
- Students will accept responsibility for their own efforts
- Students will demonstrate sportsmanship when participating in games and activities
- Students will understand that the body and physical movement is part of God's wonderful creation

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- The student will exhibit acceptable social behavior. (2,4)
- The student will develop a wide variety of motor skills. (2,3)
- The student will develop repeatable sequences of patterns and movements. (2,3)
- The student will negotiate objects while exhibiting various locomotor skills. (2,3)
- The student will develop spatial awareness and how he/she maneuvers self according to movement. (2,3)
- Each student will exhibit self confidence. (2)

MANIPULATIVE SKILLS

- The student will demonstrate acceptable social behavior. (2)
- The student will dodge a thrown object. (2,3)
- The student will throw, catch, and kick a thrown object with accuracy. (2,3)
- The student will strike a thrown object using a bat or foot. (2,3)
- The student will hand dribble a ball and maintain control while moving. (2,3)

RHYTHM & DANCE

- The student will skip and jump rope in various ways. (2,3)

GYMNASTICS & TUMBLING (See also Movement and Motor Skills)

- The student will demonstrate balancing skills. (2,3)

GAMES

- Each student will exhibit acceptable social behavior. (2,4)
- The student will play running and tag games. (2,3)
- The student will learn and follow the rules of games. (2,3)
- The student will learn and play various games. (2,3,4)

FITNESS ACTIVITIES

- The student will demonstrate acceptable social behavior. (2,4)
- The student will run for fitness. (2,3)
- The student will participate in fitness exercises. (2,3)
- The student will learn strength building skills. (2,3)

ASSESSMENT TECHNIQUE

Teacher observation

INSTRUCTIONAL RESOURCES

Julie Giovannoni

Awesome Elementary School Physical Education by Cliff Carnes

Phys Ed by Toby Sutton

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Fourth

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The fourth grade P.E. curriculum incorporates activities that teach and practice skills that enhance the physical development of each student through a variety of activities. Emphasis is placed on safety, strength, fitness, endurance, health, sportsmanship, cooperation, enjoyment, and an appreciation of their bodies as a gift from God.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity (2)
- Students will show the ability to understand and follow simple rules for games (3)
- Students will understand that skill development requires practice (2,3)
- Students will show a willingness to stay on task until an activity is completed (2,3)
- Students will understand the importance of safety during physical activities and recognize risks (2,3,4)
- Students will experience the joy of success through achievement in physical activities (2,3)
- Students will learn to work as a team and appreciate the abilities of others (2)
- Students will demonstrate a willingness to abide by group decisions on rules and regulations (2,3,4)
- Students will understand the benefits of physical fitness (2,3,4)
- Students will understand the importance of safety to self and others (2,3,4)
- Students will accept responsibility for their own efforts (2,4)
- Students will demonstrate sportsmanship when participating in games and activities (2,3,4)
- Students will understand that the body and physical movement is part of God's wonderful creation (2,3,4)

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- Students will demonstrate a mature form in all locomotor and nonlocomotor movements. (2,3)
- The student will assume responsibility for safety of self and class. (2,3,4)

MANIPULATIVE SKILLS

- The student will apply the manipulative skills of throwing, catching, kicking, dribbling, striking, and dodging with a variety of balls and other P.E. objects during games and relays. (2,3)

RHYTHM & DANCE

- The student will demonstrate the developing ability to participate in rhythmic activities and movements set to music. (2,3)
- The student will learn and perform a variety of individual and group jump roping skills. (2,3)
- The students will demonstrate rhythmic skills using beanbags. (2,3)

GYMNASTICS & TUMBLING

- The student will demonstrate balancing skills during various yoga poses. (2,3)
- The student will incorporate gymnastic sequences (balancing, forward roll, crawling, etc.) into relays and obstacle course activities. (2,3)

GAMES

- The student will play increasingly more complex running and tag games.
- The student will show understanding of rules of games and sports by participating and following the rules of the particular game or sport.
- The student will exhibit understanding of team strategy while participating in games and sports.
- The student will demonstrate an attitude of sportsmanship and fair play while participating in a variety of games and sports.

FITNESS ACTIVITIES

- The student will participate in a variety of aerobic exercises (running, jump roping, etc.) to increase endurance levels. (2,3)
- The student will participate in fitness routines to increase flexibility (stretching). (2,3)
- The students will participate in strengthening exercises (curl-ups, push-ups, etc.) (2,3)
- The student will understand the benefits of physical fitness and strive to maintain or improve fitness levels. (2,3,4)

ASSESSMENT TECHNIQUES

- Teacher observation
- Tri-yearly testing under the President's Physical Fitness Testing standards

INSTRUCTIONAL RESOURCES

- *Awesome Elementary School Physical Education Activities* by Cliff Carnes
- *Yoga teacher Ann Yates (when available)*

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Fifth

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

Fifth grade Physical Education emphasizes fitness and an appreciation of movement through a variety of activities, individual and team sports, and exercise. We will further develop motor skills and body awareness.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity (2)
- Students will show the ability to understand and follow simple rules for games (3)
- Students will understand that skill development requires practice (2,3)
- Students will show a willingness to stay on task until an activity is completed (2,3)
- Students will understand the importance of safety during physical activities and recognize risks (2,3)
- Students will experience the joy of success through achievement in physical activities (2,3,4)
- Students will learn to work as a team and appreciate the abilities of others (2)
- Students will demonstrate a willingness to abide by group decisions on rules and regulations (2,3,4)
- Students will understand the benefits of physical fitness (2,3,4)
- Students will understand the importance of safety to self and others (2,3,4)
- Students will accept responsibility for their own efforts (2,4)
- Students will demonstrate sportsmanship when participating in games and activities (2,3,4)
- Students will understand that the body and physical movement is part of God's wonderful creation (2,3,4)

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- The student will demonstrate gross locomotor skills through daily activity (2)
- The student will use non-locomotor skills through daily stretching and exercise (2)

MANIPULATIVE SKILLS

- The student will throw a variety of objects (balls, Frisbees, etc.) demonstrating accuracy and distance (2)
- The student will strike an object so that it travels in an intended direction at an appropriate speed (2)
- The student will demonstrate catching a thrown or struck object (2)
- The student will demonstrate rolling on object (2)
- The student will demonstrate kicking an object (2)
- The student will demonstrate dribbling an object with hands or feet (2)

RHYTHM & DANCE

- The student will perform rhythm and dance sequences that combine traveling, balancing, and weight transfer to smooth, flowing sequences with changes in direction, speed, and flow (2)
- The student will learn and participate in a variety of square dances (2,3)

GYMNASTICS & TUMBLING

- The student will execute a forward roll with increased motor ability (2,3)
- The student will execute a backward roll with increased motor ability (2,3)
- The student will execute a cartwheel with increased motor ability (2,3)
- The student will execute a headstand with increased motor ability (2,3)
- The student will apply various rhythm or motor skills to music to create a rhythm routine that combine traveling, balancing, and weight transfer to smooth, flowing sequences with changes in direction, speed, and flow (2,3)

GAMES

- The student will be exposed to and play individual and team sports that use a variety of movement patterns and manipulative skills (2, 3)
- The student will perform basic sport skills and patterns with increased proficiency (2,3)
- The student will demonstrate knowledge of game rules and strategy for individual and team sports (2,3)

FITNESS ACTIVITIES

- The student will correctly demonstrate activities designed to improve and maintain muscular strength and endurance, speed, flexibility, and cardio-respiratory functioning (2,3)
- The student will participate in vigorous activity for a sustained period of time while maintaining target heart rate (2,3)
- The student will recover from vigorous activity in an appropriate length of time (2,3)

ASSESSMENT TECHNIQUES

- Teacher observation
- Skill testing
- Physical fitness testing

INSTRUCTIONAL RESOURCES

- President's Physical Fitness Council
- The Fundamentals of Square Dancing
- How to Improve your Basketball
- Winning Basketball
- The ABC's of Soccer
- Playing Soccer
- Mastering Women's Gymnastics
- Power Volleyball
- Volleyball for Coaches and Teachers

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Sixth

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The sixth grade physical education program works on multiple sequencing of movement and manipulative patterns to games, sports, and physical fitness activities. Social as well as coping skills are more important as much of the activity involves game and team oriented play.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **serving Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity (2)
- Students will show the ability to understand and follow simple rules for games (3)
- Students will understand that skill development requires practice (2,3)
- Students will show a willingness to stay on task until an activity is completed (2,3)
- Students will understand the importance of safety during physical activities and recognize risks (2,3,4)
- Students will experience the joy of success through achievement in physical activities (2,3)
- Students will learn to work as a team and appreciate the abilities of others (2)
- Students will demonstrate a willingness to abide by group decisions on rules and regulations (2,3,4)
- Students will understand the benefits of physical fitness (2,3,4)
- Students will understand the importance of safety to self and others (2,3,4)
- Students will accept responsibility for their own efforts (2,4)
- Students will demonstrate sportsmanship when participating in games and activities (2,3,4)
- Students will understand that the body and physical movement is part of God's wonderful creation (2,3,4)

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- The student will demonstrate gross locomotor skills through daily activity
- The student will use non-locomotor skills through daily stretching and exercise

MANIPULATIVE SKILLS

- The student will throw a variety of objects (balls, Frisbees, etc.) demonstrating accuracy and distance
- The student will strike an object so that it travels in an intended direction at an appropriate speed
- The student will demonstrate catching a thrown or struck object
- The student will demonstrate rolling on object
- The student will demonstrate kicking an object
- The student will demonstrate dribbling an object with hands or feet

RHYTHM & DANCE

- The student will perform rhythm and dance sequences that combine traveling, balancing, and weight transfer to smooth, flowing sequences with changes in direction, speed, and flow (2,3)
- The student will learn and participate in a variety of square dances (2,3)

GYMNASTICS & TUMBLING

- The student will execute a forward roll with increased motor ability
- The student will execute a backward roll with increased motor ability
- The student will execute a cartwheel with increased motor ability
- The student will execute a headstand with increased motor ability
- The student will apply various rhythm or motor skills to music to create a rhythm routine that combine traveling, balancing, and weight transfer to smooth, flowing sequences with changes in direction, speed, and flow

GAMES

- The student will be exposed to and play individual and team sports that use a variety of movement patterns and manipulative skills
- The student will perform basic sport skills and patterns with increased proficiency
- The student will demonstrate knowledge of game rules and strategy for individual and team sports

FITNESS ACTIVITIES

- The student will correctly demonstrate activities designed to improve and maintain muscular strength and endurance, speed, flexibility, and cardio-respiratory functioning
- The student will participate in vigorous activity for a sustained period of time while maintaining target heart rate
- The student will recover from vigorous activity in an appropriate length of time

ASSESSMENT TECHNIQUES

- Teacher observation
- Skill testing
- Physical fitness testing

INSTRUCTIONAL RESOURCES

- President's Physical Fitness Council
- The Fundamentals of Square Dancing
- How to Improve your Basketball
- Winning Basketball
- The ABC's of Soccer
- Playing Soccer
- Mastering Women's Gymnastics
- Power Volleyball
- Volleyball for Coaches and Teachers

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Seventh

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The 7th grade physical education program incorporates physical fitness development and testing, instruction in basic rules, strategies, and fundamentals for various games and sports, and participation in team and group activities.

COMPONENTS

Students will actively participate in and understand:

- + Manipulative Skills
- + Gymnastics and Tumbling
- + Rhythm & Dance
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity
- Students will show the ability to understand and follow simple rules for games
- Students will understand that skill development requires practice
- Students will show a willingness to stay on task until an activity is completed
- Students will understand the importance of safety during physical activities and recognize risks
- Students will experience the joy of success through achievement in physical activities
- Students will learn to work as a team and appreciate the abilities of others
- Students will demonstrate a willingness to abide by group decisions on rules and regulations
- Students will understand the benefits of physical fitness
- Students will understand the importance of safety to self and others
- Students will accept responsibility for their own efforts
- Students will demonstrate sportsmanship when participating in games and activities
- Students will understand that the body and physical movement is part of God's wonderful creation

GRADE LEVEL OBJECTIVES

MANIPULATIVE SKILLS

- + Students will apply manipulative skills to various games, sports, and activities. (2)

GYMNASTICS AND TUMBLING

- + Students will incorporate gymnastic sequences into relay and obstacle course activities. (2)
- + Students will demonstrate knowledge of movement principles by executing skills correctly. (2,3)

RHYTHM & DANCE

- + Students will execute basic dance steps accurately and in time to the accompaniment. (2,3)
- + Students will demonstrate an appreciation for rhythmic activities by participating with enthusiasm. (2,4)

GAMES AND SPORTS

- + Students will learn rules for and participate in a variety of team sports and activities (i.e. pickleball, badminton, floor hockey, softball, bombardment). (2, 3)
- + Students will learn and practice game strategy (2,3)
- + Students will incorporate teamwork and sportsmanship into games and sports activities. (2,4)

FITNESS ACTIVITIES

- + Students will learn the value of aerobic activity and proper techniques for running. (2,3)
- + Students will learn proper technique for, and correctly demonstrate strength training exercises. (2,3)
- + Students will learn proper technique for, and correctly demonstrate various flexibility exercise. (2,3)
- + Students will improve fitness levels by the end of the year. (2,3)

ASSESSMENT TECHNIQUES

Quizzes on rules
Individual and team demonstrations
Skill Testing
Presidential Physical Fitness Testing

INSTRUCTIONAL RESOURCES

President's Council on Physical Fitness
Curriculum Manual for Elementary Physical Education

ST. JOHN'S LUTHERAN SCHOOL

COURSE OF STUDY

SUBJECT: PHYSICAL EDUCATION

GRADE: Eighth

STATEMENT OF BELIEF

It is the goal of St. John's Lutheran School that students develop an understanding and appreciation of their own bodies, and learn appropriate and God pleasing ways to develop and maintain physically healthy lifestyles as they grow and mature. Students need to develop proper and efficient movement patterns and motor skills. It is important to practice a variety of active and life-long recreational activities that develop and maintain personal fitness. It is furthermore important for students to effectively participate in a variety of games and sports, and exhibit sportsmanship in doing so.

The eighth grade class has physical education three times a week, and over the course of each week the students engage in activities that develop their flexibility, stamina, strength, and coordination, as well as play games that require teamwork, sportsmanship, and a knowledge and mastery of each game's rules and skills.

COMPONENTS

Students will actively participate in and understand:

- + Movement & Motor Skills
- + Manipulative Skills
- + Rhythm & Dance
- + Gymnastics and Tumbling
- + Games & Sports
- + Fitness Activities

ESLRs ADDRESSED

II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.

III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.

IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

PROCESS OUTCOMES

- Students will participate in daily physical activity
- Students will show the ability to understand and follow simple rules for games
- Students will understand that skill development requires practice
- Students will show a willingness to stay on task until an activity is completed
- Students will understand the importance of safety during physical activities and recognize risks
- Students will experience the joy of success through achievement in physical activities
- Students will learn to work as a team and appreciate the abilities of others
- Students will demonstrate a willingness to abide by group decisions on rules and regulations
- Students will understand the benefits of physical fitness
- Students will understand the importance of safety to self and others
- Students will accept responsibility for their own efforts
- Students will demonstrate sportsmanship when participating in games and activities
- Students will understand that the body and physical movement is part of God's wonderful creation

GRADE LEVEL OBJECTIVES

MOVEMENT & MOTOR SKILLS

- The student will demonstrate gross locomotor skills through daily activity
- The student will use non-locomotor skills through daily stretching and exercise

MANIPULATIVE SKILLS

- The student will throw a variety of objects (balls, Frisbees, etc.) demonstrating accuracy and distance
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- The student will demonstrate rolling on object
- The student will demonstrate kicking an object
- The student will demonstrate dribbling an object with hands or feet

RHYTHM & DANCE

- The student will perform rhythm and dance sequences that combine traveling, balancing, and weight transfer to smooth, flowing sequences with changes in direction, speed, and flow
- The student will learn and participate in a variety of square dances

GYMNASTICS & TUMBLING

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GAMES

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- The student will perform basic sport skills and patterns with increased proficiency
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FITNESS ACTIVITIES

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ASSESSMENT TECHNIQUES

- Teacher observation
- Skill testing
- Physical fitness testing

INSTRUCTIONAL RESOURCES

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