



# Grace Lutheran School

## Phy Ed Curriculum

### Rationale based on Scripture

God is the Creator of all things, including Phy Ed. Our school is committed to providing students with a quality education in Phy Ed so they can function effectively as Christians in their church, community, and country. A quality education in Phy Ed will help students succeed in high school, in the work place, and help them witness to friends, neighbors, and co-workers about our Savior.

### Exit goals for graduation

Students will demonstrate proficiency, understanding, and/or commitment to the following set of exit goals upon graduation. The level of proficiency of these exit goals will be dependent upon the individual gifts and effort of the student and at what grade the student started attending Grace.

- Demonstrate a positive attitude toward Phy Ed.
- Develop motor skills while playing cooperative games, structured sports, and other activities.
- Understand how to monitor and maintain a health-enhancing level of physical fitness throughout adulthood.
- Know how to develop rules, procedures, and etiquette beneficial to all students participating.
- Learn and practice team work and good sportsmanship.

### Phy Ed Philosophy

- The purpose for teaching Phy Ed is to have students develop a healthy body and mind while continuing to improve physically to glorify God.
- Students will be equipped with the knowledge of physical activities that benefit their health.
- The skills and knowledge learned in Phy Ed will train students to properly take care of and maintain their bodies.

### Teaching Phy Ed Philosophy

*Effective instruction in Phy Ed...*

- builds upon students' previous knowledge as they progress from grade to grade.
- utilizes multiple activities to adapt to the various skill levels of each student.
- gives each student the opportunity to use their God-given gifts and talents to the best of their ability.

### Phy Ed Schedule

Each classroom has Phy Ed once a week. During years when a classroom has a smaller number of students, two classrooms may join together for Phy Ed class.

### Resources

- SPARKpe.org
- TeachingIdeas.co.uk
- TeachersPayTeachers.com

- BreakThroughBasketball.com
- Physical Education for Elementary School Children by Robert P. Pangrazi Thirteen Edition
- Ready-to-Use P.E. Activities for Grades K-2 by Joanne M. Landy and Maxwell J. Landy

### **Performance Objectives- Grades K-4**

#### **Physical Skill Development**

Students in **Grades K-4** are expected to:

- master locomotor movements such as walking, running, leaping, hopping, jumping, galloping, sliding, skipping, and pivoting
- master non-locomotor movements such as bending, stretching, turning, shaking, pushing, pulling, and swaying
- demonstrate progress towards the mature forms of throwing, catching, kicking, trapping, rolling, dribbling, striking, and volleying
- acquire beginning skills in a few specialized movement forms such as dribbling and passing a basketball to a moving teammate
- recognize and apply concepts that affect the quality of complex movement performance such as using an appropriate grip to strike a ball with a bat
- develop patterns and combinations of movement into repeatable sequences
- demonstrate the ability to change directions (dodge), transfer weight (feet to hands) and fall with control
- recognize proper form and provide feedback to his/her partner (i.e.- throwing, striking, dribbling)
- learn to enjoy practicing activities to increase skill competence

#### **Social Development**

Students in **Grades K-4** are expected to:

- follow activity-specific rules, procedures, and etiquette with little or no reinforcement
- distinguish between compliance and noncompliance with rules and regulations
- use equipment and space safely and properly
- develop positive self-management and social skills needed to work independently and with others in physical activity settings
- respond to winning and losing with dignity and understanding
- demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate
- accept the teacher's decision regarding a personal rule infraction without displaying negative reactions towards others
- demonstrate acceptance of the skill and ability of others through verbal and nonverbal behavior

#### **Physical Fitness and Well Being**

Students in **Grades K-4** are expected to:

- understand physical fitness is an important component to caring for our God-given bodies
- celebrate personal successes and achievements as well as those of others
- identify several moderate to vigorous physical activities that provide personal pleasure
- participate in physical activities that provide for enjoyment and challenge
- identify activities that promote the physical fitness components of strength, endurance, and flexibility
- describe healthful benefits that result from regular physical activity
- select and participate regularly in physical activities for the purpose of improving skill and maintaining good health

### **Performance Objectives- Grades 5-8**

<b>Physical Skill Development</b>
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Students in **Grades 5-8** are expected to:

- demonstrate increasing competence in more advanced specialized physical skills
- develop and understand strategies for competitive and noncompetitive games
- identify the characteristics of highly skilled performance in movement forms such as describing the characteristics that enable success in passing and spiking after observing a team of skillful volleyball players
- identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support
- demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball
- demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking
- identify and apply principles of practice and conditioning to enhance performance (i.e. - conditioning allows one to play for longer periods of time without fatigue)
- detect, analyze, and correct errors in personal performance
- detect and correct errors in his/her or partner's skill performance

<b>Social Development</b>
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- demonstrate a knowledge of games, rules, and sportsmanship
- demonstrate a knowledge of the roles of team members and officials
- recognize the social benefits of participation in physical activity such as the joy of participating with a team and sensing team fulfillment
- identify positive and negative peer influence
- make choices based on the safety of self and others

- consider the consequences when confronted with behavior choice
- work cooperatively with a group to achieve group goals in competitive as well as cooperative settings
- respect the physical and performance limitations of self and others

### Physical Fitness and Well Being

Students in **Grades 5-8** are expected to:

- understand physical fitness is an important component to caring for our God-given bodies
- enjoy learning new activities
- demonstrate correct techniques for warming up and cooling down prior to and following aerobic and anaerobic exercise
- participate in a variety of aerobic and anaerobic activities to attain cardiovascular endurance
- demonstrate correct techniques for increasing and maintaining flexibility
- participate in a variety of strength building activities
- establish personal physical activity goals
- participate at least three times a week in physical activities that contribute to the attainment of and maintenance of physical fitness
- explore personal interests in a variety of new physical activities both in and out of physical education class
- explain how people can enjoy an activity even if they are not gifted athletes
- feel satisfaction when engaging in physical activity

### Assessment of the academic growth and achievement of each student

Each individual teacher will assess the academic growth of their students on a regular basis. Teachers assess students in a variety of ways (for addition information see [Physical Education Scoring Guide](#)). The length and level of the assessment is dependent on the grade level being taught.

## **Possible Activities Recommended by Grade Level:**

### **Kindergarten**

<b>Week</b>	<b>Introductory Activity</b>	<b>Lesson Focus</b>
1	Captain's Coming	Locomotor movement- walking
2	Simon Says	Locomotor movement- running
3	Category Tag	Locomotor movement- jumping
3	Follow the Leader (groups of 3)	Locomotor movement- hopping
4	Hill Dill Come Over the Hill	Locomotor movement- galloping
5	Hospital Tag	Locomotor movement- leaping
6	Airplanes	Locomotor movement- skipping
7	Rivers and Bridges	Locomotor movement- pivoting
8	Free Time with Ball	Locomotor movement- sliding
9	Red Light, Green Light	Non-Locomotor movements-bending,
	stretching, rocking, and swaying	
10	Running and Stopping	Non-Locomotor movements- pushing,
	pulling, twisting, turning	
11	Captain's Coming	Non-Locomotor movements- one point, two
	point,and three point balancing	
12	Simon Says	Manipulative- underhand and overhand
	throwing	
13	Category Tag	Manipulative- catching
14	Follow the Leader (groups of 3)	Manipulative- rolling/bouncing
15	Hill Dill Come Over the Hill	Manipulative- dribbling
16	Hospital Tag	Manipulative- kicking
17	Airplanes	Kickball
18	Rivers and Bridges	Kickball
19	Free Time with Ball	Soccer

20	Red Light, Green Light	Soccer
21	Running and Stopping	Stunts and tumbling- animal walks
22	Captain's Coming	Stunts and tumbling- animal walks
23	Simon Says	Stunts and tumbling- balance stunts
24	Category Tag	Stunts and tumbling- tumbling
25	Follow the Leader (groups of 3)	Stunts and tumbling- individual stunts
26	Hill Dill Come Over the Hill	Hoop Handling
27	Hospital Tag	Track- sprints and shuttle run
28	Airplanes	Track- standing long jump
29	Rivers and Bridges	Track- softball throw for distance
30	Free Time with Ball	Track- hula hoop toss
31	Red Light, Green Light	Track- review all
32	Running and Stopping	Parachute
33	Captain's Coming	Parachute
34	Simon Says	Parachute
35	Category Tag	Rope jumping
36	Follow the Leader (groups of 3)	Rope jumping

## 1<sup>st</sup> and 2<sup>nd</sup> Grade

Week	Introductory Activity	Lesson Focus
1	Bridges by Three	Review locomotor movements- walking, running, and jumping
2	High Fives	Review locomotor movements- skipping, hopping, galloping, and leaping
3	Tortoise and Hare	Review locomotor movements- pivoting, stopping, dodging

4	Line Tag	Manipulative- bean bags
5	Leapfrog	Manipulative- bean bags
6	Run and Assume a Pose	Soccer- skill development
7	Stoop Tag	Soccer
8	Fastest Tag in the West	Soccer
9	Move and Perform a Task	Throwing and catching skills
10	Ball Tag	Kicking skills
11	Sneak Attack	Kickball
12	Sharks and Minnows	Kickball
13	Octopus	Kickball
14	Line Tag	Rope jumping
15	Leapfrog	Rope jumping
16	Run and Assume a Pose	Rope jumping
17	Stoop Tag	Relay games
18	Fastest Tag in the West	Relay games
19	Bridges by Three	Basketball- skill development
20	High Fives	Basketball
21	Tortoise and Hare	Basketball
22	Move and Perform a Task	Parachute
23	Ball Tag	Parachute
24	Sneak Attack	Parachute
25	Sharks and Minnows	Animal walks
26	Octopus	Individual balance stunts
27	Bridges by Three	Partner balance stunts
28	High Fives	Tumbling
29	Tortoise and Hare	Track- sprints, shuttle run
30	Line Tag	Track- softball throw
31	Leapfrog	Track- standing long jump, jump rope for one minute

33	Ball Tag	Tug-of-War rope
34	Stoop Tag	T-ball- skill development
35	Fastest Tag in the West	T-ball
36	Move and Perform a Task	T-ball

### 3<sup>rd</sup> and 4<sup>th</sup> Grade

Week	Introductory Activity	Lesson Focus
1	Rubber-band	Team building
2	Magic-Number Challenge	Team building
3	Cone Tag	Volleyball- skill development
4	Squirrels and Hawks	Volleyball
5	Link-Up	Volleyball
6	Blob	Review throwing and kicking
7	Group Over and Under	Kickball
8	Marking	Kickball
9	Crows and Cranes	Playground games- 4 square
10	Captain's Coming	Playground games- kick the can
11	Rubber-band	Soccer- skill development
12	Magic-Number Challenge	Soccer
13	Line Tag	Soccer
14	Cone Tag	Manipulative- Frisbees
15	Squirrels and Hawks	Basketball- skill development
16	Link-Up	Basketball
17	Blob	Basketball
18	Group Over and Under	Rope Jumping
19	Marking	Rope Jumping
20	Crows and Cranes	Rope Jumping
21	Free Ball	Throwing Skills



22	Captain's Coming	Softball- skill development
23	Rubber-band	Softball
24	Magic-Number Challenge	Softball
25	Line Tag	Dodgeball
26	Sharks and Minnows	Dodgeball
27	Cone Tag	Track- sprints, relays
28	Squirrels and Hawks	Track- softball throw
29	Link-up	Track- standing and running long jump
30	Blob	Tug-of-War
31	Group Over and Under	Parachute
32	Marking	Ultimate foam ball
33	Magic-Number Challenge	Ultimate foam ball
34	Crows and Cranes	Floor Hockey- skill development
35	Captain's Coming	Floor Hockey
36	Rubber-band	Floor Hockey

## 5<sup>th</sup> and 6<sup>th</sup> Grade

Week	Introductory Activity	Lesson Focus
1	Line tag	Playground games- Wall Ball
2	Upper, Lower, Middle Deck	Playground games- Spud
3	Four Corners	Volleyball- skill development
4	Bomb the Ball	Volleyball
5	Back to Back	Volleyball
6	Smaug's Jewels	Indoor baseball- Whiffle Ball
7	Bombardment	Indoor baseball- Whiffle Ball
8	Coseeki	Manipulatives- Frisbees
9	Fastest Tag in the West	Ultimate Frisbee
10	Lane Dodgeball	Ultimate Frisbee

11	Line Tag	Basketball- skill development
12	Upper, Lower, Middle Deck	Basketball
13	Four Corners	Basketball
14	Bomb the Ball	Playground games- Kick the Can
15	Back to Back	Playground games- Capture the Flag
16	Smaug's Jewels	Floor hockey- skill development
17	Bombardment	Floor hockey
18	Coseeki	Floor hockey
19	Fastest Tag in the West	Softball- skill development
20	Lane Dodgeball	Softball
21	Line Tag	Softball
22	Upper, Lower, Middle Deck	Track- sprints, relays
23	Four Corners	Track- Softball throw, running long jump
24	Bomb the Ball	Track- distance running, tug-of- war
25	Back to Back	Team building
26	Smaug's Jewels	Team building
27	Bombardment	Lacrosse- skill development
28	Coseeki	Lacrosse
29	Fastest Tag in the West	Lacrosse
30	Lane Dodgeball	Speed ball
31	Line Tag	Speed ball
32	Upper, Lower, Middle Deck	Rope Jumping
33	Four Corners	Rope Jumping
34	Bomb the Ball	Backyard games- badminton
35	Back to Back	Backyard games- badminton
36	Smaug's Jewels	Backyard games- badminton

## 7<sup>th</sup> and 8<sup>th</sup> Grade

Week	Introductory Activity	Lesson Focus
1	Link-up	Team building
2	The Blob	Team building
3	Sharks and Minnows	Volleyball- skill development
4	Group Juggle	Volleyball
5	Octopus	Volleyball
6	Knockout	Soccer- skill development
7	Cone Tag	Soccer
8	Bomb the Ball	Soccer
9	Dodgeball	Big base kickball
10	The Blob	Softball- skill development
11	Sharks and Minnows	Softball
12	Group Juggle	Softball
13	Kick and Catch	Playground games- Kick the Can
14	Link-up	Playground games- Capture the flag
15	The Blob	Manipulative- Frisbee
16	Sharks and Minnows	Frisbee golf
17	Group Juggle	Frisbee golf
18	Octopus	Flag football- skill Development
19	Knockout	Flag football
20	Cone Tag	Flag football
21	Bomb the Ball	Basketball- skill development
22	Dodgeball	Basketball
23	Kick and Catch	Basketball
24	Link-up	Manipulative- juggling
25	The Blob	Manipulative- juggling
26	Sharks and Minnows	Track- sprints, relays

27	Group Juggle	Track- softball throw, running long jump
28	Octopus	Track- distance, tug-of-war
29	Knockout	Floor Hockey- skill development
30	Cone Tag	Floor Hockey
31	Bomb the Ball	Floor Hockey
32	Dodgeball	Lacrosse- skill development
33	Kick and Catch	Lacrosse
34	Link-up	Lacrosse
35	Octopus	Backyard games- bocce ball
36	The Blob	Backyard games- croquet