

Parents' Guide to Physical Education Grades K-8

This year your child will learn to:

Kindergarten

- Use a variety of basic locomotor movements (walk, skip, hop, jump)
- Use a variety of basic non-locomotor movements (bend, twist, turn)
- Use a variety of basic object control skills (throw, catch, kick, bounce)
- Use a variety of skills for striking with implements (hockey sticks, bats)
- Use control in weight bearing balance activities
- Use control in travel activities
- Exercise to music
- Dance (Hokey Pokey, Chicken Dance, Limbo)
- Understand and use concepts of special awareness and movement control (speed, over, under, dodge, flee, change of direction)
- Use feedback to improve performance
- Understand the relationship between physical activity and good health
- Understand the purpose of rules in games
- Identify Physical Education vocabulary
- Understand the social contributions of physical activity (respect, cooperation, responsibility, sportsmanship)
- Engage in activities that increase respiration and heart rate

- Engage in activities that develop the components of fitness (strength, flexibility, endurance)
- Perform fitness activities including jumping jacks, push-ups, sit-ups, etc.

First Grade

- Use a variety of basic locomotor movements (walk, skip, hop, jump, leap, gallop, run)
- Use a variety of basic non-locomotor movements (bend, twist, turn)
- Use a variety of basic object control skills (throw, catch, kick, strike)
- Name and use parts of the body for directed movement activities
- Understand and display sportsmanship
- Use feedback to improve performance
- Understand the relationship between physical activity and good health
- Identify Physical Education vocabulary
- Understand the purpose of rules in games
- Understand the social contributions of physical activity (respect, cooperation, teamwork)
- Identify Skeletal Bones
- Engage in activities that increase respiration and heart rate
- Engage in activities that develop the components of fitness (strength, flexibility, endurance)
- Perform fitness activities including jumping jacks, push-ups, sit-ups, etc.
- Be able to do a two foot jump

2nd Grade

- Use a variety of basic motor movements (walk, skip, hop, jump, leap, gallop, run)
- Use a variety of basic non-loco-motor movements (bend, twist, turn)
- Demonstrate eye-hand coordination
- Be able to control several body parts at once
- Understand and display sportsmanship
- Use feedback to improve performance
- Understand the relationship between physical activity and good health
- Identify Physical Education vocabulary
- Understand the purpose of rules in games
- Understand the social contributions of physical activity (respect, cooperation, teamwork)
- Identify Skeletal Bones
- Engage in activities that increase respiration and heart rate
- Engage in activities that develop the components of fitness (strength, flexibility, endurance)
- Perform fitness activities including jumping jacks, push-ups, sit-ups, etc.
- Demonstrate jump rope skills
- Move body to different rhythms

Third Grade

- Use a variety of basic motor movements in sports
- Learn rules of various sports
- Demonstrate eye-hand coordination
- Understand and display sportsmanship

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This year your child will learn to:

- Use feedback to improve performance
- Understand the relationship between physical activity and good health
- Identify Physical Education vocabulary
- Understand the social contributions of physical activity (respect, cooperation, teamwork)
- Engage in activities that increase respiration and heart rate
- Engage in activities that develop the components of fitness (flexibility, strength, endurance)
- Identify Skeletal Bones
- Demonstrate physical conditioning through standardized testing
- Demonstrate jump rope skills
- Be able to do endurance running
- Apply safety procedures

Fourth Grade

- Demonstrate and apply a variety of motor skills
- Demonstrate eye-hand coordination
- Understand and display sportsmanship
- Use feedback to improve performance
- Give feedback to others
- Understand rules of various team and individual sports
- Understand the relationship between physical activity and good health
- Identify Physical Education vocabulary
- Understand the social contributions of physical activity (respect, cooperation, teamwork)
- Engage in activities that increase respiration and

heart rate

- Engage in activities that develop the components of fitness (flexibility, strength, endurance)
- Identify Skeletal Bones
- Set goals for personal fitness
- Be able to do endurance running
- Participates in Fitness-Gram fitness testing
- Apply safety procedures

Fifth Grade

- Demonstrate and apply a variety of motor skills
- Understand how warm-up prepares the body for activities
- Demonstrate eye-hand coordination
- Understand and display sportsmanship
- Use feedback to improve performance
- Give feedback to others
- Understand rules of various team and individual sports
- Understand the relationship between physical activity and good health
- Identify Physical Education vocabulary
- Understand the social contributions of physical activity (respect, cooperation, teamwork)
- Engage in activities that increase respiration and heart rate
- Engage in activities that develop the components of fitness (flexibility, strength, endurance)
- Identify Skeletal Bones
- Set goals for personal fitness
- Be able to do endurance running

- Participates in Fitness-Gram fitness testing
- Apply safety procedures

6th Grade

- Develop skills through modified sports and activities
- Understand and apply skill development principles
- Understand strategies and tactics of games
- Participate regularly in moderate to vigorous physical activity in and out of school
- Acquire and apply fitness knowledge
- Develop understanding of personal fitness requirements
- Develop a Personal Fitness Plan
- Demonstrate personal responsibility
- Demonstrate social responsibility
- Value the benefits of physical activity
- Participates in Outdoor Education Fitness Activities ie: Wyalusing Camping
- Participates in Fitness-Gram fitness testing

Seventh Grade

- Develop skills through modified sports and activities
- Understand and apply skill development principles
- Understand strategies and tactics of games
- Participate regularly in moderate to vigorous physical activity in and out of school
- Acquire and apply fitness knowledge

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This year your child will learn to:

- Develop understanding of personal fitness requirements
- Develop a Personal Fitness Plan
- Demonstrate personal responsibility
- Demonstrate social responsibility
- Value the benefits of physical activity
- Participates in Lifetime Fitness activities ie: winter skiing
- Participates in Fitness-Gram fitness testing

Physical Education Teachers

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Eighth Grade

- Develop skills through modified sports and activities
- Understand and apply skill development principles
- Understand strategies and tactics of games
- Participate regularly in moderate to vigorous physical activity in and out of school
- Acquire and apply fitness knowledge
- Develop understanding of personal fitness requirements
- Demonstrate personal responsibility
- Develop a Personal Fitness Plan
- Demonstrate social responsibility
- Value the benefits of physical activity
- Participate in Lifetime Fitness Activities ie: 5K walk/Run
- Participates in Fitness-Gram fitness testing