

# PHYSICAL EDUCATION

## Kindergarten

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Exhibit listening skills
- Demonstrate ability to follow directions, including sense of direction
  - right/left
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate basic skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness

## **Grade One**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Exhibit listening skills
- Demonstrate ability to follow directions, including sense of direction  
– right/left
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate basic skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness

## **Grade Two**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Exhibit listening skills
- Demonstrate ability to follow directions, including sense of direction  
– right/left
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate basic skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness

## **Grade Three**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills

## **Grade Four**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Explore personal hygiene requirements
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills

## **Grade Five**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Explore personal hygiene requirements
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills

## **Grade Six**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Explore personal hygiene requirements
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills
- Participate in the standards for Presidential Physical Fitness – running the mile, chin-ups, sit-ups, push-ups
- Demonstrate knowledge of knowing major bones and muscles in the human body

## **Grade Seven**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills
- Participate in the standards for Presidential Physical Fitness – running the mile, chin-ups, sit-ups, push-ups
- Demonstrate knowledge of knowing major bones and muscles in the human body

## **Grade Eight**

Students will . . .

- Demonstrate gross and fine motor skills according to their ability
- Explore rhythms, gymnastic and creative movement
- Demonstrate self-esteem through various activities
- Participate in lead-up activities to sports
- Demonstrate skills in individual and team sports
- Demonstrate understanding of sportsmanship
- Participate in skill development games for learning, exercise, and enjoyment
- Explore healthy nutrition
- Demonstrate understanding of how the body works and how it relates to physical fitness
- Demonstrate critical thinking skills
- Participate in the standards for Presidential Physical Fitness – running the mile, chin-ups, sit-ups, push-ups
- Demonstrate knowledge of knowing major bones and muscles in the human body