

# PHYSICAL EDUCATION Kindergarten

The goal of the Day School physical education department is to provide positive physical activity experiences that will encourage students to be healthy and active for a lifetime. Within the program, emphasis is placed on skill acquisition, sportsmanship, teamwork, and managing body movement safely in time and space. Fitness testing is a large component of assessing students' locomotor coordination. Students are tested twice during the year, in the fall and the spring. This program measures students' development of cardiovascular endurance, strength and flexibility using a series of four tests. This program is a great motivator and the students have fun participating and learn how to set and achieve goals and seeing their goals come to fruition. Students at the Day School play a variety of games that work on learning different locomotor skills that include complex bilateral movement. Students also develop underhand and overhand throwing techniques that are incorporated into games and activities. Rules and regulations for specific games are introduced as well as aspects of good sportsmanship.

Kindergarten students perform locomotor movements such as sliding and galloping, leading with either right or left leg, skipping and hopping on either leg. Students also are introduced to underhand and overhand throwing mechanics, kicking and eye-tracking and catching with hands instead of trapping balls against their body and participate in games and activities that improve these skills. Kindergarteners also get an opportunity to use the swimming pool trying to be more comfortable in the water and in other cases, improving breath control and body mechanics to enhance stroke development in addition to learning the different stages of diving from the deck.

## Units of Study- Key Content--Essential Questions

### First Semester Units (Fall-Winter)

Spatial awareness; Rhythms; Manipulatives (hoops, balls, beanbags, parachute); Soccer; Recreational games; Pillow Polo; Basketball

### Second Semester (Winter-Spring)

Apparatus gymnastics; Group challenges; Swimming; Rope jumping; Fitness; Paddles and Racquets; Manipulatives; Teeball

### Essential Questions for Kindergarten Physical Education:

- When is it time for play and when it is time to listen? How do we go down to the gym without putting others in danger or preventing desk workers from performing their job?

## Concepts, Understandings, and Skills

- Ability to use and control manipulatives
- Show developmentally appropriate motor skills (runs, jumps, hops, skips, gallops, etc.)
- Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)
- Exposure to fitness and wellness concepts
- Develop a sense of teamwork and good sportsmanship
- Develop knowledge of aquatic skills
- Physical education safety

How do we play in the gym without physically or emotionally hurting other classmates?  
Why is important to wear athletic shoes in Physical Education? Which foot do I have forward when throwing a ball? How do I catch a ball without it hurting me? How do I throw accurately?

- Participation

# PHYSICAL EDUCATION Grade 1-2

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After mastering locomotor movements in Kindergarten, 1<sup>st</sup> & 2<sup>nd</sup> grade students begin fitness testing that assesses physical endurance, abdominal strength, hamstring flexibility and speed and agility. Students begin learning games with more complex rules and strategies. The concept of good sportsmanship is introduced and practiced.

## Units of Study- Key Content--Essential Questions

### First Semester Units (Fall-Winter)

Spatial awareness; Rhythms; Manipulatives (hoops, balls, beanbags, parachute); Soccer; Recreational games; Pillow Polo; Basketball

### Second Semester (Winter-Spring)

Apparatus gymnastics; Group challenges; Rope jumping; Fitness; Paddles and Racquets; Manipulatives; Teeball

### Essential Questions for Grade 1-2 Physical Education:

- What is my fitness level and what part of it do I need to improve? How can I throw/or kick further and what techniques or skills will help me to accomplish this goal? How do I catch a ball without it hurting me? How do I improve my flexibility and why is it important?

## Concepts, Understandings, and Skills

- Ability to use and control manipulatives
- Show developmentally appropriate motor skills (runs, jumps, hops, skips, gallops, etc.)
- Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)
- Exposure to fitness and wellness concepts
- Develop a sense of teamwork and good sportsmanship
- Develop knowledge of aquatic skills
- Physical education safety
- Participation

# PHYSICAL EDUCATION Grade 3

The goal of the Day School physical education department is to provide positive physical activity experiences that will encourage students to be healthy and active for a lifetime. Within the program, emphasis is placed on skill acquisition, sportsmanship, teamwork, and managing body movement safely in time and space. Fitness testing is a large component of assessing students' locomotor coordination. Students are tested twice during the year, in the fall and the spring. This program measures students' development of cardiovascular endurance, strength and flexibility using a series of four tests. This program is a great motivator and the students have fun participating and learn how to set and achieve goals and seeing their goals come to fruition. Students at the Day School play a variety of games that work on learning different locomotor skills that include complex bilateral movement. Students also develop underhand and overhand throwing techniques that are incorporated into games and activities. Rules and regulations for specific games are introduced as well as aspects of good sportsmanship.

The Day School 3<sup>rd</sup> grade students continue to learn more complex games and activities that teach game strategies and give certain position players defined roles. Students learn how to make goals as to how to improve their fitness testing results from fall to spring.

## Units of Study- Key Content--Essential Questions

### First Semester Units (Fall-Winter)

Fitness Testing; Sport Skills; Football Soccer; Recreational Games; Team Challenges; Basketball

### Second Semester (Winter-Spring)

Apparatus gymnastics; Group challenges; Floor Hockey; Rope jumping; Fitness Testing; Racquet Sports; Volleyball; Track and field; Softball

### Essential Questions for Grade 3 Physical Education:

- Why do I need to learn how to kick with my left leg when I prefer kicking with my right? How do I become a better basketball player? How do I hit a pitched ball with a bat? In baseball or kickball what is tagging up and what is a force out? Why do I need to dribble a basketball with my other hand?

## Concepts, Understandings, and Skills

- Ability to use and control manipulatives
- Show developmentally appropriate motor skills
- Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)
- Exposure to fitness and wellness concepts
- Develop a sense of teamwork and good sportsmanship
- Develop knowledge of aquatic skills
- Physical education safety
- Participation

# PHYSICAL EDUCATION

## Grade 4

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This is the year that 4<sup>th</sup> graders run a half mile instead of a quarter mile for the endurance part of the fitness test. They continue to learn and participate in more complex games and activities where game strategies continue to become more complex.

### Units of Study- Key Content--Essential Questions

<p><b>First Semester Units (Fall-Winter)</b> Fitness Testing; Sport Skills; Football Soccer; Recreational Games; Team Challenges; Basketball</p> <p><b>Second Semester (Winter-Spring)</b> Apparatus gymnastics; Group challenges; Floor Hockey; Rope jumping; Fitness Testing; Racquet Sports; Volleyball; Track and field; Softball</p> <p><b>Essential Questions for Grade 4 Physical Education:</b></p> <ul style="list-style-type: none"> <li>• What are some strategies to improve effective team work when working with someone who I've had trouble getting along with in the past? How do I avoid getting injured in class and what are some safe ways for me to execute specific techniques? How do I improve my hamstring flexibility? There are sports units that I particularly don't enjoy, what are some ways for me to participate in these units? How do I enter jumping using the long jump rope? How do I improve my balance on the balance beam in the gymnastics unit?</li> </ul>
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### Concepts, Understandings, and Skills

<ul style="list-style-type: none"> <li>• Ability to use and control manipulatives</li> <li>• Show developmentally appropriate motor skills</li> <li>• Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)</li> <li>• Exposure to fitness and wellness concepts</li> <li>• Develop a sense of teamwork and good sportsmanship</li> <li>• Develop knowledge of aquatic skills</li> <li>• Physical education safety</li> <li>• Participation</li> </ul>
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# PHYSICAL EDUCATION Grade 5

The goal of the Day School physical education department is to provide positive physical activity experiences that will encourage students to be healthy and active for a lifetime. Within the program, emphasis is placed on skill acquisition, sportsmanship, teamwork, and managing body movement safely in time and space. Fitness testing is a large component of assessing students' locomotor coordination. Students are tested twice during the year, in the fall and the spring. This program measures students' development of cardiovascular endurance, strength and flexibility using a series of four tests. This program is a great motivator and the students have fun participating and learn how to set and achieve goals and seeing their goals come to fruition. Students at the Day School play a variety of games that work on learning different locomotor skills that include complex bilateral movement. Students also develop underhand and overhand throwing techniques that are incorporated into games and activities. Rules and regulations for specific games are introduced as well as aspects of good sportsmanship.

Students in fifth grade have the opportunity to participate in soccer and basketball teams that meet after school. The Day School team competes against other schools in the area. Students also have an opportunity to participate in a swimming curriculum where they work on learning different swimming strokes and improve mechanics of others. They learn what streamlining is and how swimming strokes can be more efficient while extending less effort. 5<sup>th</sup> graders get a chance to hike, learn fishing and canoeing techniques in the spring during an all day field trip.

## Units of Study- Key Content--Essential Questions

### First Semester Units (Fall-Winter)

Fitness Testing; Sport Skills; Football Soccer; Recreational Games; Team Challenges; Basketball

### Second Semester (Winter-Spring)

Apparatus gymnastics; Group challenges; Floor Hockey; Rope jumping; Fitness Testing; Racquet Sports; Volleyball; Track and field; Softball/baseball; Swimming

### Essential Questions for Grade 5 Physical Education:

- How do I avoid getting injured in class and what are some safe ways for me to execute a specific technique? How do I go out for after school soccer or basketball team? What is streamline in swimming? What's the difference between Bass fish or a Northern fish? What's the difference between canoeing in the back or the front? How can I dribble faster in basketball? What does clearing the snorkel mean? How can I swim further underwater?

## Concepts, Understandings, and Skills

- Ability to use and control manipulatives
- Show developmentally appropriate motor skills
- Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)
- Exposure to fitness and wellness concepts
- Develop a sense of teamwork and good sportsmanship
- Develop knowledge of aquatic skills
- Physical education safety
- Participation

# PHYSICAL EDUCATION

## Grade 6

The goal of the Day School physical education department is to provide positive physical activity experiences that will encourage students to be healthy and active for a lifetime. Within the program, emphasis is placed on skill acquisition, sportsmanship, teamwork, and managing body movement safely in time and space. Fitness testing is a large component of assessing students' locomotor coordination. Students are tested twice during the year, in the fall and the spring. This program measures students' development of cardiovascular endurance, strength and flexibility using a series of four tests. This program is a great motivator and the students have fun participating and learn how to set and achieve goals and seeing their goals come to fruition. Students at the Day School play a variety of games that work on learning different locomotor skills that include complex bilateral movement. Students also develop underhand and overhand throwing techniques that are incorporated into games and activities. Rules and regulations for specific games are introduced as well as aspects of good sportsmanship.

6<sup>th</sup> grade students learn how to make realistic and achievable goals as to how to improve their personal fitness levels. They also participate in soccer and basketball teams that practice after school and compete with other schools. They participate in swimming activities that cover personal fitness and how to perform basic rescue techniques along with improving swimming strokes. They participate in a hiking, fishing & canoeing day in the spring and learn safety and paddling responsibilities for front and rear paddlers during an all day field trip in the spring.

### Units of Study- Key Content--Essential Questions

### Concepts, Understandings, and Skills

<p><b>First Semester Units (Fall-Winter)</b> Fitness Testing; Sport Skills; Football Soccer; Recreational Games; Team Challenges; Basketball</p> <p><b>Second Semester (Winter-Spring)</b> Apparatus gymnastics; Group challenges; Floor Hockey; Rope jumping; Fitness Testing; Racquet Sports; Volleyball; Track and field; Softball/baseball; Swimming</p> <p><b>Essential Questions for Grade 6 Physical Education:</b></p> <ul style="list-style-type: none"> <li>• How do I avoid getting injured in class and what are some safe ways for me to execute a specific technique? How can I get a faster time in the 1/2 mile run? How can I dribble faster in basketball? What does clearing the snorkel mean? How can I swim further underwater? What is the difference between a front and rear paddlers in a canoe? What fish are native to Minnesota lakes? How do we change positions in a canoe? How do I steer my canoe? How can I make a swimming rescue without putting myself in danger? How can I do a standing dive from the deck without doing a belly flop?</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to use and control manipulatives</li> <li>• Show developmentally appropriate motor skills</li> <li>• Manage body movement safely in time and space (Eye-tracking; balancing; flexibility; develop core body strength)</li> <li>• Exposure to fitness and wellness concepts</li> <li>• Develop a sense of teamwork and good sportsmanship</li> <li>• Develop knowledge of aquatic skills</li> <li>• Physical education safety</li> <li>• Participation</li> </ul>
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