

Physical Education Curriculum Plan / 2006-2007
1st – 5th Grade

Integrating the act movement with the knowledge of movement principles	
<p>1st & 4th Quarters <u>Outdoors</u></p> <p>State Standards: PE.1.1.1 - 1.1.2-1.1.3- 1.1.4 PE.2.1.1 -2.1.3 PE.3.1.1 - 3.1.2 - 3.1.3 - 3.1.4 PE.5.1.1 -5.1.2 -5.1.3 5.1.4</p>	<p><u>Chasing, Fleeing, & Dodging</u> skills using controlled body movements while allowing students the opportunity to apply strategies and problem solving techniques. <u>Kicking, Punting, & Soccer Dribbling</u> developing efficient body control. <u>Jumping and Landing skills</u> development with improved balance and coordination. <u>Traveling skills</u> using different pathways while traveling through space. <u>Striking skills</u> using sequential and balanced actions with the hand, rackets, and long handled implements. <u>Volleying and Dribbling fundamental skills</u> with coordinated, repetitive contact, directional control, force of impetus, and accuracy. <u>Physical Fitness, Balance, and Coordination</u> using resistance, continual movement, static positioning, and aerobic activity.</p>
<p>2nd & 3rd Quarters <u>Indoors</u></p> <p>State Standards: PE.1.1.1 - 1.1.2-1.1.3- 1.1.4 PE.3.1.2 - 3.1.2 PE.4.1.1 - 4.1.2 PE.5.1.3 - 5.1.4</p>	<p><u>Rhythms & Dance</u> allowing self-expression through defined movement forms. <u>Throwing, Catching, and Rolling skills</u> developed through sequential, coordinated actions including correct body positioning and tracking. <u>Physical Fitness, Balance, and Coordination</u> using resistance, continual movement, static positioning, and aerobic activity.</p>

Physical Education Curriculum Plan / 2006-2007
6th – 8th Grade

<p>Developing and incorporating a physically active lifestyle while developing motor skills, increasing fitness & wellness levels and enhancing social skills</p>	
<p style="text-align: center;">1st & 4th Quarters <u>Outdoors</u></p> <p>State Standards: PE.1.1.1 - 1.1.2-1.1.3- 1.1.4 - 1.1.5 PE.2.1.1 -2.1.2 - 2.1.3 - 2.1.4 PE.3.1.1 - 3.1.2 - 3.1.3 PE.4.1.2 - 4.1.3 PE.5.1.1 -5.1.2 -5.1.3 - 5.1.4</p>	<p><u>Cooperative Activity</u> will incorporate movement that enhances directional awareness, reflects cooperation and participation and helps students understand how adherence to rules improves successful outcomes.</p> <p><u>Physical Fitness activity</u> using resistance, continual movement, static positioning, and aerobic activity.</p> <p><u>Individual and Lifetime Activities</u> that contribute to a healthy lifestyle using predetermined strategies to increase appreciation of an activity and make an activity more challenging</p>
<p style="text-align: center;">2nd & 3rd Quarters <u>Indoors</u></p> <p>State Standards: PE.3.1.1 - 3.1.2 - 3.1.3 PE.4.1.2 - 4.1.3 - 4.1.4 PE.5.1.4 - 5.1.5</p>	<p><u>Rhythms & Movement</u> allowing self-expression through defined movement forms.</p> <p><u>Physical Fitness</u> The important role overall fitness plays in living a healthier, and longer life. Motivation and the interrelationships of physical and health-related skills promote a healthy lifestyle. Activities using resistance, continual movement, static positioning, and aerobic activity.</p>