

PHYSICAL EDUCATION

By the end of Kindergarten, your child will

- participate in a game requiring changes in speeds and direction.
- perform locomotor skills such as walking, running, skipping, hopping, jumping, and sliding.
- understand appropriate safety in gym class.
- participate in simple rhythmic activities.
- actively participate in physical fitness activities.
- kick a stationary ball using a smooth, continuous running approach.
- dribble a ball using the inside of the foot.
- understand how to throw and catch with a partner.
- exercise body control by moving a variety of body parts into high, middle, and low level positions.

PHYSICAL EDUCATION

By the end of 1st grade, your child will

- demonstrate the ability to balance on one foot and walk on a low beam in a forward direction.
- jump rope.
- play a game that has a variety of locomotor patterns.
- complete an obstacle course that has concepts of under, over, through, and behind.
- be able to throw a ball underhand and overhand and play catch with a partner.
- dribble a ball with the inside of one's foot and kick a ball which is either rolling or stationary.
- respect guidelines for safety in the gym class.
- participate in rhythmic activities including folk and singing games and parachute activities.
- participate in activities involving the change of speed and direction.
- actively participate in various fitness activities.

PHYSICAL EDUCATION

By the end of 2nd grade, your child will

- demonstrate clear contrasts between slow and fast speeds while moving in a game situation.
- participate in tumbling activities demonstrating strength and balance.
- use appropriate safety techniques in gym class.
- participate in basic rhythmic activities.
- participate in a wide variety of activities that involve locomotion, nonlocomotion, and the manipulation of various objects.
- understand and perform activities demonstrating dribbling with hands or feet.
- bump and toss a beach ball over a net.
- understand the concept of punting, using the inside or instep of the foot to kick a ball.
- swing a bat to hit a ball off a tee.
- jump rope.
- actively participate in various fitness activities.

PHYSICAL EDUCATION

By the end of 3rd grade, your child will

- hand dribble and foot dribble a ball and maintain control while running or walking within a group.
- strike a softly thrown ball back to a partner using a variety of body parts (i.e. thigh as in soccer).
- throw, catch, and kick using mature motor patterns.
- design games, gymnastics, and dance sequences that are fun and interesting.
- participate in physical activity daily for the purpose of improving skill performance and physical fitness.
- keep a personal journal that has written compositions relating to one's own participation in games and sports activities.
- balance, with control, during a variety of tumbling sequences.
- jump rope with partners.
- maintain a sustained aerobic activity for a specified time.

PHYSICAL EDUCATION

By the end of 4th grade, your child will

- understand and appreciate the benefits of regular and appropriate participation in physical activity.
- recognize fundamentals and strategies used in simple games and activities (soccer, basketball, volleyball, softball).
- participate in regular physical fitness activities.
- keep a personal journal that has written compositions relating to one's own participation in games and sports activities.
- participate in folk games and creative movement routines with other members of a group.
- perform sequential tumbling activities that show support, control, and balance.
- distinguish between compliance and non-compliance with game rules and fair play.
- hit a softly thrown ball; bump and underhand serve a volleyball.
- be conscious of physical activities that are sources of personal enjoyment.

PHYSICAL EDUCATION / HEALTH

By the end of 5th grade, students will

- perform warm-up exercises.
- perform hand and foot dribble while moving and changing direction.
- demonstrate skill in hand-eye coordination activities with objects of various sizes and with partners and groups.
- hit a ball with objects, such as the hand, bat and paddle.
- demonstrate the ability to throw and catch objects of different sizes and shapes.
- perform a sequence of movement patterns in sports activities.
- perform basic movements in tumbling, in stunts and on apparatus.
- perform folk and line dances with partners and groups.
- demonstrate sportsmanship and cooperation in sports and games.
- demonstrate appropriate cardiovascular fitness, flexibility and strength.
- understand how to take responsibility for their own health and their need for personal fitness.
- understand the need for a personal hygiene program.
- understand the decision making process and the risks involved in a situation, the choices available to them, and the consequences of these choices.
- understand that mind-altering drugs change your behavior and feelings and what the harmful effects are.
- understand the negative consequences resulting from gang and group violence and the effect of gangs on members of the community.

PHYSICAL EDUCATION / HEALTH

By the end of 6th grade, students will

- demonstrate basic skills and strategies in a simple game or activity.
- demonstrate a combination of movements involving balancing, rolling, turning and traveling while tumbling or on apparatus.
- perform basic offensive and defensive play patterns in various sports.
- demonstrate the ability to shoot a ball at a goal.
- identify activities which improve individual physical fitness.
- demonstrate a knowledge of selected game rules and strategies.
- demonstrate appropriate cardiovascular fitness, flexibility and strength.
- recognize good sportsmanship by respecting the rules and accepting decisions made by game officials (fellow students, teachers, referees).
- perform line dances to different types of rhythms.
- understand the effects of peer pressure on an individual, how to relate to others in a positive way, and how to build self-esteem.
- understand the physical, social, and emotional benefits of regular exercise and fitness.
- understand the physical, social and emotional changes which occur during adolescence.*
- learn about the A.I.D.S. virus and how A.I.D.S. is transmitted.*
- recognize the types, causes and treatments of communicable diseases.
- understand how the body's defenses fight disease.
- understand the importance of nutrition, food labels and the food pyramid.

*Human growth development and A.I.D.S. units are subject to parental

consent.

PHYSICAL EDUCATION / HEALTH

By the end of 7th grade, students will

- understand the relationship of exercise to personal fitness.
- select and perform a cardio-respiratory activity for a specified time over a sustained amount of time.
- demonstrate the ability to perform selected sports skills used in a variety of individual and team sports.
- perform selected movement skills in a variety of sequences both with and without music.
- demonstrate a knowledge of appropriate behavior as a spectator and performer in individual and team activities.
- perform gymnastics skills that combine traveling, rolling, and balancing with flowing sequences containing changes of direction, speed and flow.
- respect the abilities and limitations of oneself and other students.
- demonstrate appropriate cardiovascular fitness, flexibility and strength.
- understand and know how to administer first aid in dealing with emergencies (bleeding, shock, burns, bites and stings, fractures, sprains, strains, poisoning, and temperature extremes).
- understand the short-term and long-term effects of alcohol, tobacco and drugs.
- understand the stress process and be able to identify sources of positive and negative stress and effective stress management in their own lives.
- understand and recognize the stages of grief and death and the needs of the bereaved individual.
- promote abstinence as the best method of avoiding pregnancy for teens.*
- develop decision-making skills in making choices during their lives.

- understand the methods of transmission and prevention of A.I.D.S.*
- understand the effect of A.I.D.S. on the immune system of the body.*

- understand how to assess, achieve, and maintain physical fitness for lifelong health.

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PHYSICAL EDUCATION / HEALTH

By the end of 8th grade, students will

- explain and demonstrate how to sustain an aerobic activity while maintaining a targeted heart rate to improve cardiovascular fitness.
- demonstrate the ability to perform selected sports skills used in a variety of individual and team sports.
- perform complex movements demonstrating body control in tumbling, in stunts and on apparatus.
- demonstrate skills in folk, line and social partner dancing.
- demonstrate knowledge of rules, positions, and strategy for individual and team activities.
- demonstrate the ability to perform sustained strength and endurance exercises.
- participate cooperatively and ethically in competitive physical activities.
- demonstrate appropriate cardiovascular fitness, flexibility and strength.
- distinguish between the axial and the appendicular skeleton.
- understand the major muscle groups and the different bones of our body and how they function.
- understand the major parts of the upper and lower respiratory tract.
- demonstrate the ability to provide rescue breathing, CPR, and assistance to a choking victim on an adult, child, and infant mannequin.
- set up a personal fitness program, check heart rate, and calculate maximal and target heart rates.
- understand the causes, danger signs, and treatment of eating disorders.
- understand the benefits of achieving and maintaining a healthful weight.

- understand the biological facts of reproduction.*
- understand the reasons for choosing abstinence.*
- understand the consequences of teen pregnancy.*
- understand what sexually transmitted diseases (STD's) are, along with the symptoms, prevention and treatment of STD's.*

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