

First Grade

The ultimate goal of a first through eighth grade physical education program is for students to have the tools necessary to be active for a lifetime. This begins in elementary school with teaching basic skills (e.g., throwing, catching, kicking, running) and the concept of team play.

First grade students participate in activities that reinforce basic and locomotor skills (e.g., running, skipping and jumping), and introduce complex skills (e.g., shooting, passing). Students play many “tag” games that focus on cooperative play rather than individual competition. Often, students encourage their classmates in friendly spirit, and play ‘with’ instead of ‘against’ each other.

TEXT

Rink, Judith E. *Teaching Physical Education for Learning*. McGraw-Hill Humanities.

Second Grade

Second grade students continue the development of skills necessary for active individual and team play. In addition to working on the above basic skills, students learn passing and dribbling through basketball and scooter soccer, serving and catching for volleyball, and the offensive and defensive setup for a variety of games. Cooperative play is fostered through games such as Capture the Flag.

TEXT

Rink, Judith E. *Teaching Physical Education for Learning*. McGraw-Hill Humanities.

Third Grade

Third grade students continue the development of skills necessary for active individual and team play. “007 Dodge ball” - an old game with a new twist - is added. For students who do not enjoy the throwing and dodging, they enjoy being secret agents and freeing their team members. Students also learn passing, dribbling and team offense for soccer and the offensive and defensive setup for a variety of games. Fitness is a driving force behind all activities, and discussions begin about a lifetime of physical activity.

TEXT

Rink, Judith E. *Teaching Physical Education for Learning*. McGraw-Hill Humanities.

Fourth Grade

The goal of the fourth grade physical education program is for students to continue to refine the basic skills needed for a physically active life. The students play a variety of games that incorporate age-appropriate skills and moves, using many parts of the body (e.g., soccer, basketball, Capture the Flag). Team and cooperative play are emphasized while students learn strategy and sportsmanship.

TEXT

Rink, Judith E. *Teaching Physical Education for Learning*. McGraw-Hill Humanities.

Fifth Grade

Physical education is a planned program of experiences that develop the body and intellectual, decisional, and interactive skills in harmony with Christian education. The curriculum of Trinity's physical education program fosters and enhances the physical fitness and conditioning of students from the standpoint of stamina, flexibility, and strength. It presents students with practical knowledge and understanding of various sports and activities, and further develops specific skills that are involved in various sports and activities. Students participate in physical activities (walking, running, stretching, etc.) and sports activities (instruction, drills, simulated games, etc.).

TEXTS

Carpenter, Jeff. P.E. *Teachers Complete Fitness and Skills Development Activities Program*.

Parker Publishing.

Zuidema, Marvin A. *Physical Education 6–8*. Christian Schools International.

Sixth - Eighth Grade

Students in grades 6-8 are in the advanced stages of skill and physical development. The curriculum for PE in these grades is designed to maximize that development. Through the use of group and individual activities, the students are challenged to develop and to improve their physical condition, stamina, strength, and motor skills. Through game and sport play, the students gain knowledge of skills, tactics, and the emotional aspects of various sport activities. The students also participate in simulated game situations to demonstrate their knowledge and understanding of each sport. The students at this level play soccer, basketball, kickball, two-hand tag football, battle ball, volleyball, dodge ball, and Capture the Flag both on foot and on scooters.

TEXTS

Carpenter, Jeff. P. E. *Teachers Complete Fitness and Skills Development Activities Program*.

Parker Publishing.

Zuidema, Marvin A. *Physical Education 6 – 8*. Christian Schools International.