

OXFORD TOWNSHIP ELEMENTARY SCHOOL

CURRICULUM

CURRICULUM CONTENT AREA: PHYSICAL EDUCATION

Physical education forms an important part of our modern education. It includes physical activities and sports of all kinds designed to improve posture, physical development, social interaction, cooperation and problem solving skills. It enables a child who may have difficulty in other subject areas to find success in a less structured environment. It is vital that a child find success, in order for that child to build and maintain a positive self esteem.

I. COURSE DESCRIPTION/PURPOSE:

Physical Education is important in the development of overall health. Through a variety of physical activities, students increase and improve cardiovascular endurance, muscular strength and power, flexibility, posture, coordination and increased mental alertness. Through improved mental alertness students can increase academic performance, readiness and enthusiasm for learning. Physical Education also helps improve a child's self esteem, interpersonal relationships, cooperation skills, responsible behavior, and independence qualities which will be used throughout one's life.

II. AIMS, OBJECTIVES, OUTCOMES TO BE ACHIEVED BY STUDENTS

Commensurate with ability and level of instruction children will:

GENERAL OBJECTIVES

1. develop skills in rhythms, games, athletic activities, general gymnastics and related activities. (CCS: 2.5)
2. develop muscular skills (neuro muscular) essential for proper living. (CCS: 2.5)
3. develop agility, endurance, strength, balance, flexibility, perceptual-motor development, and coordination. (CCS: 2.5, 2.6)
4. develop proper posture. (CCS: 2.5)
5. develop stability, emotional balance, and self-concept. (CCS 2.5)
6. develop proper etiquette as it relates to all games. (CCS: 2.5)
7. develop and interest, knowledge, and appreciation of sports common to America and the world.
8. develop constructive leisure time interests. (CCS: 2.5)
9. develop knowledge of exercise and how it relates to fitness. (CCS: 2.6)

KINDERGARTEN, 1ST GRADE, AND 2ND GRADE

Through the implementation of the physical education curriculum the students in Kindergarten, First and Second grades, will develop skills in the following:

I. Cooperation Activities (G.O. 5,8)

Students will:

- a. choose and work with partner
- b. work in a small group of four to six
- c. share equipment and take turns
- d. work in large group or team

II. Locomotor Activities (G.O. 1,2,3)

Students will:

- a. differentiate between locomotor and non-locomotor skills.
- b. identify body parts and the manner in which they move.
- c. move with control.
- d. combine locomotor and non-locomotor skills.
- e. demonstrate the following locomotor skills: walk, hop, gallop, run, jump, slide, pivot, leap, skip.
- f. demonstrate the following non-locomotor skills: bend, lift, pull, push, stretch, swing, tum, twist, balance, freeze position.

III. Concepts - Body Awareness (G.O. 1,2,3,4)

Students will:

- a. demonstrate space and range (specific and general)
- b. demonstrate the difference between self-space and general space.
- c. demonstrate differences in direction, force, speed, and level.

IV. Ball Handling Skills (G.O. 1,3,6,7)

1. Throwing
 - a. Students in Kindergarten will roll, throw underhand, demonstrate an overhand throw and a bounce pass.
 - b. Students in first grade will throw underhand to a partner or target, throw overhand for distance, demonstrate a chest pass.
 - c. Students in second grade will throw underhand and overhand to target from a specified distance; demonstrate a two-hand set shot.
2. Catching
 - a. Students in Kindergarten will catch a rolled ball, a bounced ball, and a toss from at least 6 feet.
 - b. Students in first grade will catch a thrown ball or object from different heights and distances.
 - c. Students in second grade will catch objects using an implement (such as a scoop or glove)
3. Bouncing
 - a. Students in Kindergarten will bounce and catch an 8-1/2 inch playground ball with two hands; will dribble three times in sequence with two hands and dominant hand.
 - b. Students in first grade will dribble at least five times in sequence with left and right hand; will dribble at different heights; will bounce and catch while moving.
 - c. Students in second grade will dribble while moving, will change hands while dribbling, and will change direction while dribbling.
4. Juggling
 - a. demonstrate different ways of juggling one, two or three objects.

V. Balance (G.O. 3,4,9)

Students will:

- a. demonstrate static balance
- b. demonstrate dynamic balance
- c. balance with a partner or a group

VI. Striking Skills (G.O. 1,2,3,5)

1. Objectives with hands:
 - a. Students in Kindergarten will strike a beach ball with two hands, right and left hands, and in succession.
 - b. Students in first grade will strike a beach ball in a continuous succession, will volley to a partner and will serve to a wall.
 - c. Students in second grade will volley to self, volley to partner, volley to wall and will serve to targets.

2. Objectives with implements in hands:
 - a. Students in Kindergarten will use a paddle to serve underhand, a hockey stick to move an object on floor and will demonstrate batting with an oversized bat off of a batting tee.

 - b. Students in first grade will continuously bounce an object on a paddle, will pass and stop objects with a hockey stick and will bat with a bat off of a batting tee.
 - c. Students in second grade will serve overhand with a paddle, will hit a moving object with a hockey stick and will bat a teacher pitched moving object.

VII. Rhythmic (G.O. 1,3,5,8)

Students will:

- a. identify basic rhythmic elements of beat, tempo, and intensity.
- b. move to an imposed rhythm using locomotor and non-locomotor skills.
- c. demonstrate popular and appropriate dances.
- d. move small hand apparatus to an imposed rhythm.

VIII. Games of Low Organization (G.O. 1,3,5,6,7)

Students will:

- a. follow directions and rules as they pertain to each game.
- b. display good sportsmanship.
- c. work as an individual or on a team.

IX. Stunts/Tumbling/Gymnastics (G.O. 3,4,5)

Students will:

- a. demonstrate strength, flexibility, coordination, and balance.
- b. learn and follow safety rules for each skill and piece of apparatus.
- c. increase kinesthetic awareness.
- d. demonstrate the following skills as appropriate for each individual:

Individual stunts

- | | |
|------------------|----------------|
| 1. Seal walk | 6. V-sit |
| 2. Duck walk | 7. Front scale |
| 3. Frog jump | 8. Inch worm |
| 4. Tuck jump | 9. Puppy run |
| 5. Straddle jump | 10. Bear walk |

Tumbling skills

- | | |
|------------------|-----------------|
| 1. Log roll | 7. Frog balance |
| 2. Egg roll | 8. Tripod |
| 3. Shoulder roll | 9. *Handstand |
| 4. Forward roll | 10. Bronco |
| 5. Backward roll | 11. Cartwheel |
| 6. Shoulder | 12. Round off |

Gymnastic Skills

Horse

1. approach
2. mounts
 - " knee
 - " squat
 - " straddle
3. Vaults
 - " side
 - " straddle
 - " superman

Balance Beam

- " Mounts
- " side
- " straddle
- " side seat

Movements

- " walk-forward, backward
- " dips
- " turns

X. Recreational Games (G.O. 1,2,6,7)

Students will be able to:

- a. follow rules and directions as they pertain to each game
- b. participate in games designed for large and small groups
- c. use skills of striking, throwing, aiming, and balance as needed for game play
- d. use problem solving

XI. Small Apparatus Activities (G.O. 1,2,3,8)

Students will be able to:

- a. demonstrate manipulative skills using hoops, ropes, sticks, and parachute.
- b. explore and create new movement patterns.
- c. demonstrate flexibility, coordination, balance, agility, and strength.
- d. demonstrate locomotor and non-locomotor skills while using apparatus.

XII. Kicking Skills (G.O. 1,2,3,5)

- a. Students in Kindergarten will kick a ball with different parts of feet, will stop ball with feet and will kick a stationary ball for distance.
- b. Students in first grade will dribble a ball with feet while moving at own pace, will pass ball to partner, will kick moving ball for distance.
- c. Students in second grade will dribble a ball with control, will kick a ball at a target.

XIII. Physical Fitness (G.O. 1,5,9)

Student will be able to:

- a. work to increase strength in arms, legs, and abdomen.
- b. work to increase endurance, flexibility, and agility

XIV. Track and Field (G.O. 1,2,3,4)

Students will be able to:

- a. develop skills of running, jumping, throwing, agility, and arm strength.