

# PS002 Physical Education Curriculum Overview

## *Physical Education Learning Standards (2020)*

**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** Exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

**Standard 6:** Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

## PS 2 Physical Education Pacing Guide

### *Kindergarten and 1<sup>st</sup> Grade*

September	Pathways (moving to avoid obstacles), Loco-motor movements (Hopping, Leaping, Jogging)
October	Tossing and catching (Hand/eye coordination)
November	Tossing objects (Judging distance, power, speed)
December	Basketball (Dribbling, Passing, and shooting)
January	Bowling, Fishing, Parachute games (students will begin to play cooperatively in groups)
February	Volleyball (students will use a beach-ball and understand spatial awareness)
March	Soccer (Eye/ Foot coordination skills)
April	Hula Hoop, Dance, Review Stations (tossing, catching, kicking, etc.)
May	Field day games review (Relay races)
June	Outside activities (Frisbee, tossing a ball, relay races)

## *2<sup>nd</sup> and 3<sup>rd</sup> Grade*

September

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Tag games (moving to avoid obstacles), Loco-motor movements (Skipping, Galloping)

October

Tossing and catching (judging, Power, Speed)

November

Hitting a ball using an implement (2nd grade uses a paddle, 3<sup>rd</sup> grade uses a tennis racket)

December

Basketball (Dribbling, Passing, and shooting)

January

Scooter games, Floor Hockey

February

Volleyball (students will use a modified volleyball and understand spatial awareness)

March

Soccer (Dribbling, passing, shooting)

April

Hula Hoop, Dance, Review Stations (tossing, catching, kicking, etc.)

May

Field day games review (Relay races)

June

Outside activities (review stations – Basketball, Soccer, Jump rope, hula hoop, etc.)

## *4<sup>th</sup> and 5<sup>th</sup> Grade*

September

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Cooperative games (Games that focus on teamwork to be successful)

October	Outside activities (Review stations- Kickball, basketball, Soccer, Jump rope, Hula hoop, etc)
November	Football (tossing and catching), Tennis (Forward swing)
December	Basketball (advanced Basketball skills)
January	Scooter games, Floor hockey (Shooting, puck handling and Passing skills)
February	Volleyball (Tournament play)
March	Soccer (advanced Soccer skills)
April	Line Dances
May	Maypole Festival practice and rehearsals
June	Outside activities (Review stations- Kickball, basketball, Soccer, Jump rope, Hula hoop, etc.)