



Physical Education

Major Curricular Focus Areas

Skilled Movement: Competency in motor skills and movement patterns needed to perform a variety of physical activities.	Movement Knowledge: Demonstrate understanding of movement concepts, principles, strategies, and tactics as they relate to the performance of physical activities.
Grades: K, 1, 2	Grades: K, 1, 2
<ul style="list-style-type: none"> ✓ Walking, running, skipping, galloping, hopping ✓ Smooth transitions ✓ Underhand throw, catching, rolling ✓ Twisting, bending, weight transfer 	<ul style="list-style-type: none"> ✓ Weight transfer ✓ Side to target
Grades 3, 4, 5	Grades 3, 4, 5
<ul style="list-style-type: none"> ✓ Apply loco-motor and manipulative skills in complex movements, using body and space awareness 	<ul style="list-style-type: none"> ✓ Transfer concepts to new skills/games ✓ Identify ways to improve performance

Personal Fitness: Achieve and maintain a health-enhancing level of physical fitness.	Personal and Social Responsibility: Exhibit responsible social behavior that respects self and others.
Grades: K, 1, 2	Grades: K, 1, 2
<ul style="list-style-type: none"> ✓ Jumping rope, climbing rope, chasing and fleeing games ✓ Fitness related terms – flexibility, muscular strength, endurance ✓ Recognize signs associated with vigorous physical activity – sweating, heavy breathing, fast heart rate 	<ul style="list-style-type: none"> ✓ Apply class rules, procedures and safe practices ✓ Interact cooperatively while working in small groups ✓ Work together to problem solve, complete a task or tackle a challenge
Grades 3, 4, 5	Grades 3, 4, 5
<ul style="list-style-type: none"> ✓ Know health related fitness components by improving meeting and or sustaining fitness standards (FitnessGram) ✓ With assistance interpret the results and significance of the information provided by FitnessGram 	<ul style="list-style-type: none"> ✓ Follow safe practices, rules and etiquette ✓ Work independently and cooperatively in groups to complete tasks ✓ Using good sportsmanship while engaging in small and large group activities

Exciting Events in Physical Education

- ❖ All School Turkey Trot – November 22
- ❖ Jump Rope for Heart – The month of February
- ❖ Swimming instructional unit for 4th/5th grades – Early May
- ❖ District 4th/5th grade Track Meet – Late May

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