

## P.E. Curriculum First and Second Grades

<b>Text:</b>	No Text
<b>Supplemental Materials:</b>	
<b>Course Description:</b>	PE is a course designed to offer a varied selection of activities which serve to promote teamwork, cooperation, motor skill development, physical fitness, knowledge of game rules and an appreciation of the important of being physically active throughout one's life time. The integration of faith will be woven into the instruction each day.
<b>Methods of Evaluation:</b>	Students can be evaluated through participation, observation and/or any other form of evaluation instrument the instructor finds applicable to the course.
<b>Pace of Instruction:</b>	By the end of first and second grades, each student should be able to perform the following skills
<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Ball Skills <ul style="list-style-type: none"> <li>Bounce a ball continuously</li> <li>Roll a ball at an object (10 feet minimum)</li> <li>Catch a ball that has bounced over a net</li> <li>Hit a ball with a bat</li> <li>Kick a ball with either foot and control its direction</li> <li>Throw a beanbag through a target</li> <li>Throw a Frisbee</li> </ul> </li> <li>2. Formation Skills <ul style="list-style-type: none"> <li>Form a circle</li> <li>Form a line</li> <li>Form a double – circle; partners facing each other</li> <li>Form a double – circle facing each other</li> </ul> </li> <li>3. Performance Skills <ul style="list-style-type: none"> <li>Perform stunts on a balance beam; forward and backward, walk, kneel, sidestep, turn, squat with leg extended</li> <li>Jump rope 15 times when turned by others</li> <li>Jump rope in two basic patterns</li> <li>Creative movement</li> <li>Execute five stunts such as crab walk, bear crawl</li> <li>Participate in Physical Fitness test</li> </ul> </li> </ol>