



# *Physical Education*

## **GRADES K-1**

*Students will be able to....*

- Understand safety, respect and following directions; practice social skills that enhance group work such as taking turns and using words to express feelings.
- Explore how their words can create a positive learning environment.
- Participate in a variety of movement and rhythmic activities.
- Participate in a variety of lead-up games to practice the skills of the sports that are part of the Rashi PE curriculum in later grades.
- Participate in a variety of chasing and fleeing (tag) games.
- Participate in a variety of activities to improve strength, flexibility and imagination/creative thinking.
- Participate in a variety of fitness activities to improve strength and flexibility; begin exploring the connection between mind, body, and performance.

## GRADES 2-3

*Students will be able to....*

- Understand safety, respect and following directions; practice social skills that enhance group work such as taking turns and using words to express feelings.
- Enter into discussions of sportsmanship and self-esteem as some team sports are introduced.
- Participate in a variety of chasing and fleeing (tag) games.
- Participate in a variety of units including cooperative games, team sports, individual sports/activities like running/fitness-walking, gymnastics and dance; respect the preferences and differences of their classmates.
- Know the fundamental skills and rules of the team sports (such as soccer, team handball, basketball, etc.) and have the opportunity to demonstrate those skills in game as well as low-pressure settings.
- Work on gymnastics and dance skills at individual level: demonstrate balances, weight transfers, leaps and jumps, and rotations around an axis; demonstrate routines they have created.
- Participate in a variety of activities to improve strength and flexibility; begin exploring the connection between mind, body, and performance

## GRADES 4-5

*Students will be able to....*

- Know about respectful and safe group behavior in the community through travel to the YMCA; know about safe practices appropriate for all the different units; practice good sportsmanship in all PE activities.
- Participate in a variety of units including cooperative games, team sports, individual sports/activities like running/fitness-walking, gymnastics and dance; respect the preferences and differences of their classmates.
- Work on gymnastics and dance skills at individual level: demonstrate balances, weight transfers, leaps and jumps, and rotations around an axis; demonstrate routines they have created.
- Work on fundamental skills; be exposed to more advanced activities (for example, a 3-person weave in basketball); demonstrate these skills in game and low-pressure situations.

## GRADES 6-8

*Students will be able to....*

- Understand about respectful and safe group behavior in the community through travel to the YMCA; use safe practices appropriate for all units; practice good sportsmanship in all PE activities.
- Participate in a variety of different units, including adventure/teambuilding, dance, track and field, team and individual sports/activities; respect the preferences and differences of classmates.
- Play games with understanding of using width and depth of the field/court and the fundamentals of good teamwork; demonstrate a three-person weave in whatever sport is being studied.
- Improve muscular, aerobic fitness and flexibility and its relationship with protecting our common vulnerable areas (knees, low back, and neck); continue to study the mind-body connection in all units.
- Complete the Presidential Fitness Test (stamina, flexibility, and strength).
- Exercise individually; understand the effect exercise and healthy habits have on overall health.