

West Central School District
49-7

K-5
Physical Education
Curriculum

PHYSICAL EDUCATION PHILOSOPHY

West Central School District's Physical Education curriculum is designed to develop the cognitive and physical development of our children. It focuses on the development of motor skills, strength, cardiovascular fitness and flexibility while the student is involved in activities that develop creative thinking, problem solving and appropriate social behavior. Our program will offer a safe and positive environment that is conducive to learning. Physical Education serves a unique purpose in providing students with knowledge, skills and fitness that will empower them to develop and maintain a healthy lifestyle.

EXPECTATIONS OF STUDENTS

Attendance to all class sessions in proper attire.

- 1) Follow directions
- 2) Respect yourself and others
- 3) Respect equipment
- 4) Good gym noise
- 5) Good sportsmanship

EVALUATION

Grading will be subjective based on the teacher's observation of any of the following:

- 1) Skill tests
- 2) Effort
- 3) Participation
- 4) Conduct and attitude

Grading Scale

- ~~S~~ E = Exceeds satisfaction
- S = Satisfaction
- S- = Needs Improvement
- U = Unsatisfactory

K-2 RATIONAL

A comprehensive program of elementary physical education in K-2 at West Central School District will include a well planned and well executed learning experience to meet the current South Dakota Content Standards. The main emphasis will include:

- Fundamental motor activities
- Body and spatial awareness
- Manipulative skills
- Components of physical fitness
- Social skills
- Sportsmanship

K - 2 PE CURRICULUM

Standard 1 – Students will develop competency in all fundamental movement skills and proficiency in some movement forms.

LOCOMOTOR SKILLS

Walk
Run
Jump
Leap
Hop
Step Hop
Skip
Slide
Gallop

HAND EYE COORDINATION

Various Balls and Objects:

Throwing – partner and target
Catching

Ring toss
Bean Bag toss
Hi Li Scoops
Dribbling
Rolling balls at targets
Volleying balloons
Scarf tossing

Striking: Stationary and moving targets

Tee ball
Wiffleball
Paddles
Hockey

FOOT EYE COORDINATION

Various balls and objects:

Kicking – partner and target
Stationary and moving balls
Soccer dribbling and trapping
Punting

JUMP ROPE

Heel-toe rope swing

Forward jumps:

Feet together

Run throughs

Backward jumps

Feet together

Run throughs

Criss-Cross rope swing

Long rope

One foot hop ropes

HOOP ACTIVITIES

Hula hoop movements:

Waist, arm, leg and neck

Musical hoops

Walk the Dog

Rolling the hoop

Skip the hoop

Target

SCOOTERS

Safety

Stunts:

Sitting, belly and knees

Relays

Partner stunts:

Link ups

Wheelbarrow

Pushcart

Scooter tag

Scooter hockey

PARACHUTE

Safety and care

Waves

Mushroom

Flying cloud

Sunflower

Igloo

Carousel

Lifeguards

Popcorn

TUMBLING AND STUNTS

Safety

Balance beam

Forward rolls

Backward rolls

Egg roll

Logroll

Tripod

Headstands

STATIONS

Stations will be an integral part of West Central School District's K2 Physical Education curriculum. We believe station work builds upon all five South Dakota Content Standards. During each station, students will develop locomotor skills, coordination, cooperation, movement concepts and principles needed to achieve and maintain a healthy lifestyle. Above all, stations will promote physical activity and provide opportunities for enjoyment, challenge, self expression, exploration and social interaction.

Various ideas to be used at stations include:

Jump ropes

Balls

Hula hoops

Ring toss

Dribbling

Scoops

Scooters

Exercise

Rules for stations:

- 1) Divide students into equal groups for each station.
- 2) Students sit down at the first station. Equipment should not be touched until the teacher says, "GO."
- 3) Students stay busy at each station until the whistle blows.
- 4) At the whistle, groups have 5 seconds to clean up the station and sit down.
- 5) When each group is ready, they may advance to the next station on the teacher's direction. Students may not advance until the station is clean and everyone is seated and quiet.
- 6) Repeat this process until each group has completed each station.

Station ideas are endless. Be creative and let the students explore and be creative themselves. Teamwork is essential to provide ample time and opportunity at each station.

3-5 RATIONAL

A comprehensive program of elementary physical education in K-2 at West Central School District will include a well planned and well executed learning experience to meet the current South Dakota Content Standards. The main emphasis will be an introduction of low organizational activities that enable participation in group and team activities. It will also reinforce and refine basic movement skills utilized in various games and activities.

3-5 PE CURRICULUM

Standard 1 – Students will develop competency in all fundamental movement skills and proficiency in some movement forms.

LOCOMOTOR SKILLS

Walk
Run
Jump
Leap
Hop
Step Hop
Skip
Slide
Gallop

JUMP ROPE

Heel-toe rope swing
Forward jumps:
 Feet together
 Run throughs
Backward jumps
 Feet together
 Run throughs
Criss-Cross rope swing
Long rope
-single
-double-dutch
One foot hop ropes
Skier jumps
Straddle jumps
Bell jumps
Double jumps

FLAG FOOTBALL

Safety
Grip
Throwing
Catching
Kicking
Punting
Tackling
Games and drills

SCOOTERS

Safety
Stunts:
 Sitting, belly and knees
Relays
Partner stunts:
 Link ups
 Wheelbarrow
 Pushcart
Scooter tag
Scooter hockey

BASKETBALL

Shooting technique
Ball handling
Pivoting and footwork
Passing
Lay-ups
Games and drills

VOLLEYBALL

Forearm Pass
Serving – overhand and underhand
Setting
Digging
Position and rotation
Games and drills

SOCCER

Dribbling
Trapping
Passing
Shooting
Heading
Punting
Goaltending
Games and drills

BOWLING

Grips and stance
Approach
Delivery
Scoring
Games and drills

FLOOR HOCKEY

Safety
Grips
Dribbling and puck control
Shooting
Passing
Goaltending
Stick handling
Games and drills

TUMBLING AND STUNTS

Safety
Balance beam
Forward rolls
Backward rolls
Egg roll

Logroll
Tripod
Headstands

FITNESS TESTING

Sit-ups
Pull-ups
Sit n reach
Shuttle Run
Mile Run

SOFTBALL/WIFFLEBALL/TEEBALL

Throwing – overhand and underhand

Catching

Pitching

Fielding

Base running

Batting

Games and drills

PARACHUTE

Safety and care

Waves

Mushroom

Flying cloud

Sunflower

Igloo

Carousel

Lifeguards

Popcorn

Standard Two: Students will analyze movement concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.

West Central School District's curriculum satisfies standard two in various ways everyday in physical education classes. Many of these concepts are not directly taught, but are acquired by observing and performing movement skills throughout everyday activity. Concepts and principles acquired and taught are:

- Balance
- Timing
- Game strategies
- Patterns
- Reaction
- Intensity
- Frequency
- Power
- Speed and agility
- Body functions
- Body and spatial awareness
- Nutrition
- Rest
- FITT principle (Frequency-Intensity-Time-Type)

Standard Three: Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.

West Central School District's curriculum satisfies standard three in various ways everyday in physical education classes. By providing the space, time, equipment and quality instruction, students have the opportunity to learn the importance of maintaining a healthy lifestyle. Lessons are planned to include a variety of activities that makes exercise enjoyable, yet recognizes the healthful benefits of physical activity. Five concepts are stressed throughout each lesson:

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

Standard Four: Students will develop responsible and respectful personal and social behavior in physical activity settings.

West Central School District's curriculum satisfies standard four in various ways everyday in physical education classes. It is imperative that each class and activity is conducted with the following:

- Self Respect
- Respect for others
- Respect for equipment
- Sportsmanship
- Teamwork
- Respect for diversity
- Respect for various abilities

If a breach in any of these points exists, students will cease an activity until the problem is resolved. We feel this is a growing problem in society and recognition and reflection is the best way to teach this concept.

Standard Five: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, social interaction, and employment.

West Central School District's curriculum satisfies standard five in various ways everyday in physical education classes. By creating quality lessons and creating a positive learning environment, students have the opportunity for enjoyment, challenge, self-expression, social interaction and employment. By simply asking, "Did you enjoy yourselves today?" you will see if your students are advanced on Standard Five.