

# ELEMENTARY SCHOOL (K-5) PHYSICAL EDUCATION

## "CURRICULUM GUIDES/CONCEPTS"

### **K-5 Programs of Instruction:**

1.) **Skills/Concepts**: Students can perform locomotor and non-locomotor movements. These movement concepts are later combined into higher level movement activities.

Examples of locomotor skills: walking, jumping, hopping, skipping, galloping, jogging, sliding

Examples of non-locomotor skills: bending, turning, twisting, stretching

Examples of Appropriate Activities/Equipment that promote skill development would include: hula hoops, aerobic/cardio movement routines, jump rope skills, various sized ball activities, chasing/fleeing games, parachute, continuous relays, scooters, hopscotch, Body Bingo/Twister/memory games, Fitness Gram Preparation

2.) **Skills/Concepts**: Students can demonstrate spatial awareness, various manipulative skills and the recognition of basic movement concepts.

Examples of these skills/concepts would include: tossing, catching, bouncing, hand/eye coordination, striking/kicking objects, balancing, traveling in different movement pathways, and cross lateral development.

Examples of Appropriate Activities/Equipment that promote skill development would include: bean bags, batting tee's, various ball activities, fun noodles, scoops, cup stacking, Four Square, Shuffleboard, Alaskan Baseball, balance beam, modified bowling/hockey/golf activities.

3.) **Skills/Concepts**: Students will establish and use "movement vocabulary" while participating in Writing Across The Curriculum Activities and technology integration.

Examples of these skills/concepts would include: body and spacial awareness, personal and general space, self and shared space, variety of written integrations across the curriculum, word processing, data collection, fitness/wellness computer software programs, vocabulary and language skills.

Examples of Appropriate Activities/Equipment that would promote development would include: pedometers, tape measures, Wii/X-Box systems, CD/Stereo systems, calculators, I-pads, laptops, mimeo/data projectors, computer lab projects, bell ringers, vocabulary relays, fitness/wellness journals, alphabet and spelling games.

4.) **Skills/Concepts**: Students will participate in expressive, creative and culturally enriching movement activities.

Examples of these skills/concepts would include: dance, rhythmical patterns, gymnastics, traveling to the beats of even and uneven rhythms.

Examples of Appropriate Activities/Equipment that would promote development would include: lummi sticks, musical hoops, dance, rhythm ribbons, juggling, marching, jumping rope, and tumbling.

5. **Skills/Concepts**: Students will demonstrate appropriate and positive interactions with self and peers during movement activities.

Examples of these skills/concepts would include: character education, sportsmanship, teamwork, self-improvement skills, cooperation, stress and anger management skills, positive reinforcement, acceptance of criticism, listening skills, and adherence to rules and safety policies.

Examples of Appropriate Activities/Equipment that would promote development would include: group/station work, equipment safety lessons, character lessons, group feedback activities, communication and social skills games, peer buddy systems.