



HOLY TRINITY EPISCOPAL SCHOOL

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# Physical Education

# Holy Trinity Episcopal School - Curriculum Guide – Physical Education

	Kindergarten	1st
<b>CONTENT</b>	<p>Ball Handling:            Throwing, Catching, Kicking, Dribbling            Movement/Basic Exercises            Stability            Jumping / Landing            Running: Forward/Backward/Gaited            Health and Safety Practices            Teamwork</p>	<p>Ball Handling            Throwing, Catching, Dribbling, Kicking            Movement/ Basic Exercises            Stability            Jumping / Landing            Running: Forward/Backward/Gaited            Teamwork</p>
<b>SKILLS</b>	<p>Demonstrate the principles of movement (e.g., in various directions, alone, with others, at various speeds) using locomotion, manipulation, and stability skill.            Throw objects underhand, using one or two hands and large targets (e.g., toss a basketball through a basketball hoop).            Bounce, while running and stationary, a ball with one hand            Catch objects of various sizes, shapes, and textures below the waist and using two hands (e.g., catch a utility or beach ball).            Fundamental Soccer skills            Basic Volleyball skills:Bumping/Setting            Practice appropriate personal hygiene            Identify safe and unsafe situations, actions, and materials.</p>	<p>Demonstrate the principles of movement (e.g., in various directions, alone, with others, at various speeds) using locomotion, manipulation, and stability skill.            Throw objects underhand, using one or two hands and large targets (e.g., toss a basketball through a basketball hoop).            Catch objects of various sizes, shapes, and textures below the waist and using two hands (e.g., catch a utility or beach ball).            Fundamental Soccer skills            Basic Volleyball skills:Bumping/Setting            Bounce, while running and stationary, a ball with one hand            Jump forward with control, using a variety of take-offs and landings</p>
<b>ASSESSMENT/ EVALUATION</b>	<p>Skills assessments            Teacher observation</p>	<p>Skills assessments            Teacher observation</p>
<b>MATERIALS</b>	<p>Variety of balls and throwing objects            Jump ropes            Hoola hoops            Bean Bags            Team games: Relay races/Kickball.</p>	<p>Variety of balls and throwing objects            Jump ropes            Hoola hoops            Bean Bags            Team games: Relay races/Kickball</p>

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	2nd	3rd
<b>CONTENT</b>	<p>Basic movement skills required to participate in physical activities:</p> <ul style="list-style-type: none"> <li>Locomotion</li> <li>Skipping</li> <li>Hopping</li> <li>Stability</li> <li>Balancing</li> <li>Twisting</li> <li>Ball Handling:                             <ul style="list-style-type: none"> <li>Throwing, Bouncing, Kicking, Shooting basketballs</li> </ul> </li> <li>Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Principals of movement</li> <li>Dodging</li> <li>Chasing</li> <li>Striking</li> <li>Hitting</li> <li>Balancing</li> <li>Rolls</li> <li>Stability skills</li> <li>Sustained movements</li> <li>Ball Handling:                             <ul style="list-style-type: none"> <li>Dribbling, Kicking, Shooting basketballs</li> </ul> </li> <li>Teamwork</li> </ul>
<b>SKILLS</b>	<ul style="list-style-type: none"> <li>Travel in a variety of ways, changing pathways and directions.</li> <li>Kick a stationary or moving ball, using either foot, to a partner or large target.</li> <li>Basic Volleyball skills: Bumping/Setting</li> <li>Soccer skills</li> <li>Dribble a ball, with feet, over a short distance.</li> <li>Bounce a ball, with hands, while moving.</li> <li>Jump and land safely, using take-off combinations of one or two feet.</li> <li>Balance on a variety of body parts, on and off equipment, while stationary and moving</li> <li>Transfer their body weight over low equipment in a variety of ways</li> </ul>	<ul style="list-style-type: none"> <li>Combine various locomotion movements with changes in direction and level;</li> <li>Travel in various ways, and dodge stationary objects or opponents;</li> <li>Basic Volleyball skills: Bumping/Setting</li> <li>Soccer skills</li> <li>Throw a ball overhead using two hands, while stationary, to a large target or stationary partner;</li> <li>Catch, while stationary, objects of various sizes and shapes using two hands both above and below the waist;</li> <li>Hit a slowly moving object using various parts of the body, directing it to a partner or a large target;</li> <li>Balance in different positions, using different body parts and levels.</li> </ul>
<b>ASSESSMENT/ EVALUATION</b>	<ul style="list-style-type: none"> <li>Skills assessments</li> <li>Teacher Observation</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Individual student tasks</li> </ul>
<b>MATERIALS</b>	<ul style="list-style-type: none"> <li>Variety of balls and throwing objects</li> <li>Variety of targets</li> <li>Bases</li> <li>Goals</li> <li>Movement manipulatives</li> </ul>	<ul style="list-style-type: none"> <li>Variety of balls</li> <li>Variety of striking instruments</li> <li>Measuring tools</li> <li>Bases</li> <li>Goals</li> </ul>

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	4 <sup>th</sup>	5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> (Athletics)
<b>CONTENT</b>	Gymnastics Sliding Gliding Kicking Trapping Stability Running Throwing Catching Teamwork	Soccer Basketball Volleyball Gymnastics Dance Running Jumping Hopping Stability Teamwork
<b>SKILLS</b>	Combine locomotion skills in repeatable sequences, incorporating a variety of speeds and levels Throw, both while stationary and while moving, a ball using a one-hand overhand motion to a partner or large stationary target, or pass and receive an object Stop an object with the lower part of the body or with a piece of equipment Balance safely in a variety of static positions Grip, hang, and swing from equipment Jump from a low height, using a variety of turns, shapes, and directions Team Sports: Soccer Skills, Volleyball Skills, Basketball Skills	Perform a combination of locomotion skills using equipment: navigating through obstacle courses Demonstrate a variety of running techniques Kick balls of various sizes and shapes for distance and accuracy Throw an object overhand or side arm, using the dominant hand, to a target or a partner for distance and accuracy; Demonstrate goal-tending skills with or without a piece of equipment Jump for height Perform a variety of springing actions Team Sports: Baseball, Basketball, Track, Flag Football, Volleyball
<b>ASSESSMENT/ EVALUATION</b>	Teacher observation Skills assessments	Teacher observation Skills assessments – Fundamentals of Sports Skills Compete in Team Sports
<b>MATERIALS</b>	Variety of balls and throwing objects Tumbling pads Variety of striking manipulatives Cones and field marking equipment Variety of targets	Variety of balls and throwing objects Tumbling pads Variety of striking manipulatives Cones and field marking equipment Variety of targets