

# Physical Education Scope and Sequence

## St. Mary School—Mokena

### **3 Year Old Pre-School**

Students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic skills with equipment
- Encourage self-control
- Encourage flexibility
- Introduce basic locomotor skills
- Introduce balance with basic balance activities
- Participate in basic games
- Encourage good personal health habits (i.e. hand washing, germ control)

### **4 Year Old Pre-School**

Students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic skills with equipment
- Explore locomotor and non-locomotor movements
- Practice basic balance skills
- Encourage self-control
- Encourage flexibility
- Participate in simple games
- Encourage good personal health habits (i.e. hand washing, germ control)

### **Kindergarten**

Kindergarten students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic skills with equipment
- Practice basic balance activities
- Encourage self-control
- Encourage flexibility
- Learn basic dance steps with music and perform on stage
- Encourage good personal health habits (i.e. hand washing, germ control)

### **Grade 1**

First grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic skills with equipment
- Explore locomotor and non-locomotor activities
- Practice basic balance activities
- Encourage self-control
- Encourage flexibility
- Learn simple games
- Learn basic dance steps to music and perform on stage
- Put into practice safe game play for various activities
- Encourage good personal health habits (i.e. hand washing, germ control)

### **Grade 2**

Second grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic sport skills
- Participate in lead up, cooperative, and recreational games
- Learn dance steps to music and perform on stage
- Develop muscle strength, cardio respiratory endurance, and flexibility
- Practice self-control
- Put into practice safe game play for various activities
- Encourage good personal health habits (i.e. hand washing, germ control)

### **Grade 3**

Third grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Practice basic sport skills
- Participate in lead up, cooperative and recreational games
- Learn dance steps to music and perform on stage
- Develop muscle strength, cardio respiratory endurance, and flexibility
- Put into practice safe game play for various activities
- Encourage good personal health habits (i.e. hand washing, germ control)



#### **Grade 4**

Fourth grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Refine sport skills
- Participate in sport activities
- Refine intermediate dance steps to music and perform on stage
- Develop muscle strength, cardio respiratory endurance, and flexibility
- Put into practice safe game play for various activities
- Encourage good personal health habits (i.e. hand washing, germ control)

#### **Grade 5**

Fifth grade students will learn and explore activities to promote healthy lifestyle.

Students will:

- Participate in sport activities
- Refine intermediate dance steps to music and perform on stage
- Develop muscle strength, cardio respiratory endurance, and flexibility
- Refine sport skills
- Practice self-control
- Practice safe game play
- Encourage good personal health habits (i.e. hand washing, germ control, healthy locker room procedures, use of deodorant)
- Instruct students on good nutrition choices

#### **Grade 6**

Sixth grade students will learn and explore fitness activities to promote healthy lifestyle.

Students will:

- Develop muscle strength, cardio respiratory endurance, and flexibility
- Use rules, offensive and defensive strategies in cooperative sports and games
- Demonstrate sportsmanship and participation in sports and games
- Demonstrate skills and movements necessary to perform individual sports, team sports, and dance activities
- Refine sport skills
- Practice self-control
- Practice safe game play
- Encourage good personal health habits (i.e. hand washing, germ control, healthy locker room procedures, use of deodorant)
- Instruct students on harmful effects that drugs may have on their body
- Instruct students on good nutrition choices

### **Grade 7**

Seventh grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Develop muscle strength, cardio respiratory endurance, and flexibility
- Use rules, offensive and defensive strategies in cooperative sports and games
- Demonstrate sportsmanship in sports and games
- Demonstrate skills and movements necessary to perform individual sports, team sports, and dance activities
- Refine sport skills
- Practice self-control
- Practice safe game play
- Encourage good personal health habits (i.e. hand washing, germ control, healthy locker room procedures, use of deodorant)
- Instruct students on harmful effects that drugs may have on their body
- Instruct students on good nutrition choices
- Encourage good personal health habits (i.e. hand washing, germ control)
- Choices magazine articles

### **Grade 8**

Eighth grade students will learn and explore fitness activities to promote a healthy lifestyle.

Students will:

- Develop muscle strength, cardio respiratory endurance, and flexibility
- Use rules, offensive and defensive strategies in cooperative sports and games
- Demonstrate sportsmanship in sports and games
- Demonstrate skills and movements necessary to perform individual sports, team sports, and dance activities
- Refine sport skills
- Practice self-control
- Practice safe game play
- Encourage good personal health habits (i.e. hand washing, germ control, healthy locker room procedures, use of deodorant)
- Instruct students on harmful effects that drugs may have on their body
- Instruct students on good nutrition choices
- Choices magazine articles