

Lower School PE Course Descriptions

Kindergarten

Physical Education strengthens a kindergartner's growth and development in five central areas: socialization, movement skills, manipulative skills, low organizational games and specific sport skills. This class is a structured learning environment that enhances a child's abilities to cooperate with and respect others. Students learn the variety of movement experiences in an atmosphere that makes them feel successful.

First Grade

The focus of first grade Physical Education is to continue to develop physical and large gross motor skills. Locomotor skills are revisited and refined. Manipulative skills continue to be practiced and refined. Students also learn to piece different skills together to form more difficult sequences. A student's spatial awareness is enhanced through a variety of movement activities. Game concepts begin to become a focus during instruction and game play. Fitness concepts are taught and practiced, targeting cardio-respiratory endurance in a weekly running program and station workout.

Second Grade

The focus of second grade Physical Education is on continuing to develop physical abilities and movement skills. Students are introduced to specific sport units. The basic skills of these sports are taught through drills and activities. Game concepts continue to be enhanced. Fitness concepts are taught and practiced, targeting cardio-respiratory endurance through a weekly running program. These fitness concepts are further taught and enhanced, targeting muscular endurance, flexibility, muscular strength and balance through a weekly station workout.

Third Grade

The focus of third grade Physical Education is to enhance the student's physical and social growth by emphasizing skill building and teamwork. Each child's development is encouraged through a broad range of specialized activities that are challenging and fun. Students continue to practice putting multiple skill sequences together to perform more accurately in games and activities. Fitness concepts are taught and practiced targeting cardio-respiratory, muscular endurance and strength through a weekly running program and station workout.

Fourth Grade

Through skill drills and games, fourth grade students begin to put all skills and movement patterns into team games. Game concepts, strategies and positioning continue to be taught and practiced. Sportsmanship is stressed in the competitive game situations, while demonstrating respect for their opponent and pride in their own performance. Fitness concepts continue to be taught and practiced.

Fifth Grade

The fifth grade Physical Education program refines motor skills and game strategies while working to improve student cooperation and teamwork. Lessons are designed to develop skills, strength, fitness and general comprehension of game concepts. Students work independently and in small groups to improve conceptual understanding. Core sport units include soccer, basketball, flag football, badminton and volleyball. Cooperative games, fitness activities, and team building exercises supplement the core sport units to create a balanced curriculum. A strong emphasis is placed on sportsmanship, teamwork and effort.