

Physical Education Knowledge, Attitudes, & Skills

Knowledge (Broad Objectives Grades K – 8)

1. The student will recognize that the body is the temple of the Holy Spirit.
2. The student will realize that physical abilities are gifts from God and will use these abilities to the glory of God.
3. The student will develop physical growth and improvement in endurance, strength, flexibility, coordination, agility, balance, and general body mechanics.
4. The student will develop interest in personal progress and improvement in physical fitness.
5. The student will gain interest in physical activity to the extent that the student will desire to become a participant rather than a spectator.
6. The student will understand what constitutes good sportsmanship.
7. The student will learn and understand basic rules of games and team sports.

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Attitudes

1. The student will appreciate the importance of maintaining a physically fit body and the value of life-long health and well-being.
2. The student will appreciate the social and physical benefits of lifetime activity.
3. The student will appreciate the satisfaction that result from participation in physical activity.
4. The student will grow to appreciate the variety of forms of physical activity that is available to each person no matter the individual's God-given talents and abilities.
5. The student will exhibit sportsmanship behavior including a sense of fair play, self-discipline, and winning and losing with dignity.
6. The student will enjoy cooperating with others when following directions, accepting individual differences, and being a member of a team.

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Skills (How students will use their knowledge)

1. The student will demonstrate an active, healthy lifestyle to treat the body as a temple of the Holy Spirit.
2. The student will use physical abilities to give glory to God.
3. The student will demonstrate physical growth and improvement in endurance, strength, flexibility, coordination, agility, balance, and general body mechanics.
4. The student will make personal progress and improvement in physical fitness.
5. The student will be a participant rather than be a spectator in physical activity opportunities.
6. The student will demonstrate good sportsmanship.
7. The student will follow the basic rules of games and team sports.

**Physical Education
Knowledge, Attitudes, & Skills**

Objectives – See attached

**Physical Education – Health Curriculum
Northern Illinois District (LC-MS)**

<http://www.ni.lcms.org/Index.asp?PageID=11550>

Kindergarten Physical Education Activities

With State Goals (XIX – XXI) and Learning Standards

Leisure and Individual Physical Activity	Team Sports	Games	Exercise, Fitness and Stretching
Jump rope Activities XIX: ABC; XX: ABC	Soccer XIX:ABC; XX:B; XXI:AB	Relays XIX: ABC; XX: AB XXI:AB	Running XIX: ABC; XX: AB
Tumbling XIX:ABC; XX:ABC	Basketball Skills: Bounce Pass, Chest Pass, Passing Circle, Shooting XIX: ABC; XXI: AB	Scooters XIX: ABC	Skipping XIX: ABC; XX: AB
Balance Beam XIX:ABC; XX:AC	Catching with partner XIX: ABC XXI: AB	Circle Block/Dodge Ball XIX: ABC; XXI: AB	Galloping XIX: ABC; XX: AB
Animal Walks XIX:ABC; XX:AB		Spud XIX:ABC; XXI: AB	Long Jump XIX: ABC; XX: AB
Obstacle Course XIX: ABC; XX: ABC		Mr. Fox XIX: ABC; XXI: AB	Jumping Jacks XIX: ABC; XX: ABC
Parachute Activities XIX: ABC XXI: AB		Bean Bag Toss to Partner and Bean Bag Balances XIX:	Stretching XIX: AC; XX: AC
Hoops XIX: ABC; XXI: AB		Over/Under XIX: ABC; XXI: AB	Leg Lifts XIX: AC; XX: AC
Throwing underhand to targets XIX:AB XX: AB		Chinese Ladder XIX: ABC; XXI: AB	Hopping XIX: ABC; XX: ABC
Self-Toss and Catch XIX: ABC; XX: AB		Punchenella XIX: ABC	Fast Walking and Walking Backwards XIX:

			ABC; XX: ABC
		Who wants to be my thanksgiving Turkey? XXI: AB	
		Ollie the Octopus XIX: ABC; XXI: AB	
		Squirrels in Trees XIX: ABC; XXI: AB	
		Follow the Leader/Follow Columbus XIX: ABC; XXI: AB	
		Blue Bird, Blue Bird XIX: ABC; XXI: AB	
		Snakes and Lizards XIX: ABC	
		Switcheroo XXI: AB; XIX: ABC	
		Scrambled Eggs XIX: ABC; XXI: AB	
		Dragon's Tail XXI: AB	
		Steal the Bacon XXI: AB; XIX: ABC	
		Straddleball XIX: ABC; XXI: AB	

Grades 1 – 2 Physical Education Activities
 With State Goals (XIX – XXI) and Learning Standards

Leisure and Individual Physical Activity	Team Sports	Games	Exercise, Fitness and Stretching
Jump Rope – XIX: ABC; XX: ABC	Soccer- XIX: ABC; XXI: AB	Dodgeball- XIX: ABC; XXI: AB	Exercise Stations- XIX: ABC; XX: A B; XXI: AB
Tumbling- XIX: ABC; XX: ABC; XXI: AB	Kickball- XIX: ABC; XXI: AB	Relays- XIX: ABC; XXI: AB	Exercises- XIX: ABC; XX: B; XXI: AB
Track XIX: ABC; XXI: AB	Basketball- Chest/ Bounce Pass- XIX: ABC; XXI: AB	Ollie the Octopus- XIX: ABC; XXI: AB	Jump Rope- (Group)-XIX: ABC; XX: B; XXI: AB
Obstacle Course- XIX: ABC; XX: B; XXI: A	Baseball- XIX: ABC; XXI: AB	Over/Under- XIX: ABC; XXI: AB	Stretches- XIX: ABC; XXI: AB
Basketball-Shoot, Dribble- XIX: ABC; XX: B; XXI: A		Leap Frog- XIX: ABC; XXI: AB	
		In and Out the Window- XIX: ABC; XXI: AB	
		Scooter Boards- XIX: ABC; XXI: AB	

Grades 3– 4 Physical Education Activities
 With State Goals (XIX – XXI) and Learning Standards

Leisure and Individual Physical Activity	Team Sports	Games	Exercise, Fitness and Stretching
Jump rope XIX:ABC;XX:ABC	Kickball/softball XIX:ABC;XXI:AB	Pac Man XIX:ABC;XXI:AB	Circuit Training XIX:A;XX:AB
Tumbling XIX:ABC;XX:ABC; XXI:AB	Soccer XIX:ABC;XXI:AB	Crows and Cranes XIX:ABC;XXI:AB	Check pulse before and after activity XX:A
Track XIX:AB;XXI:AB	Basketball XIX:ABC;XXI:AB	Ollie the Octopus XIX:ABC;XXI:AB	Stretching XX:AB
Horseshoes XIX:AC;XXI:AB	Volleyball - XIX:ABC; XXI:AB	Canyon Ball XIX:ABC;XXI:AB	Calisthenics XX:AB
Ladder Golf XIX:AC;XXI:AB		Alaska Baseball/kickball XIX:ABC;XX:AB	
Croquet XIX:AC;XXI:AB		Blob XIX:ABC;XXI:AB	
Frisbee Golf XIX:AC;XXI:AB			

Grades 5-6 Physical Education Activities
 With State Goals (XIX – XXI) and Learning Standards

Leisure and Individual Physical Activity	Team Sports	Games	Exercise, Fitness and Stretching
Jumping Rope: XIX:A,B	Badminton: XIX- A,B,C XXI:A, B	Immunity Ball: XIX:A, B,C XXI: A, B	Calisthenics: XX:A
Walking/Running: XIX:A,B	Softball: XIX: A,B,C XXI: A,B	Kickball:XIX:A,B XXI: A,B,C	Stretching: XX:A
Track: XIX:A,B	Soccer: XIX:A,B,C XXI: A, B	Steal the Bacon: XIX:A,B,C	
Frisbee: XIX:A,B		Krazyball: XIX:A,B,C XXI:A,B	
		Snowball: XIX: A,B,C XXI:A,B	
		Dodgeball: XIX:A,B,C XXI:A,B	
		Frisbee baseball: XIX: A,B,C XXI:A,B	
		Scoops: XIX	
		Headlight tag: XIX: A,B,C XXI: A,B	

Grades 7 – 8 Physical Education Activities
 With State Goals (XIX – XXI) and Learning Standards

Leisure and Individual Physical Activity	Team Sports	Games	Exercise, Fitness and Stretching
Disc Golf - XIX:ABC	Volleyball - XIX:ABC; XX:B; XXI:AB	Eclipse Ball - XIX:ABC	Tinikling - XIX:ABC; XX:AB
Ultimate Frisbee - XIX:ABC	Softball - XIX:ABC; XX:B; XXI:AB	Ollie the Octopus - XIX:ABC	Powerfit Bootcamp (core exercises) - XIX:ABC; XX:AB
Track and Field - XIX:ABC	Basketball - XIX:ABC; XX:B; XXI:AB	Prisonball - XIX:ABC	
Walking - XIX:ABC	Soccer - XIX:ABC; XX:B; XXI:AB	Steal the Bacon - XIX:ABC	
Running (mile) - XIX:ABC	Floor Hockey - XIX:ABC; XX:B; XXI:AB	Kickball - XIX:ABC	
Badminton - XIX:ABC			
Jump rope - XIX:ABC			