Course Title: PRIMARY P.E.

Course No. N/A **Grade level**: K-3

Text and Resources:
Teacher generated activities
Physical education apparatus

Course Content: Key Course Objectives

The following objectives are based on the Grades K-3 Physical Education Standards:

1. Students will be able to travel in different ways in a large group without bumping into others or falling.
2. Students will be able to identify body parts.
3. Students will explore movement to rhythmic or musical accompaniment.
4. Students will manipulate objects with purposeful movement such as throwing, catching and kicking objects.
5. Students will use equipment safely and responsibly.
6. Students will be able to combine locomotor and nonlocomotor movements, such as combining various travel patterns in relation to music.
7. Students begin to express themselves by creating new movement patterns involving time, space and flow.

Course Description

Course Duration: *One Year

Credit Value: N/A

The focus of physical education during the primary years is on movement. The course begins with an emphasis on how students move within their own personal space and the general space around them. Students will be guided to move in their environment for the enjoyment of exploring space and controlling their bodies. Students will then expand their movement skills to include qualities of space and time by learning to move in different directions at varying speeds. Direction in movement is introduced along with basic eye-hand and eye-foot manipulative skills. The next focus of movement would explore movement patterns with a partner to define movement in relation to another person, shape, or group. Continuity and change in movement is the ultimate goal for the third-grade students. They begin to develop the concept of the order of a sequence in movement. They also begin to understand that specific types of movement provide benefits not only in developing skills but also in developing and maintaining health and fitness.

*Open entry/open exit.

Methods of Study

1. Students will complete all activities assigned.
2. Students will participate in discussion with other class members and/or teacher.

Evaluation of Performance Standards

1. Students will complete all assignments with a minimum of 70% accuracy.
2. The supervising teacher will be satisfied with the quality of the student's work.