

## **Physical Education - Scope and Sequence**

**Structure and Method-** Saint Ann's Physical Education program is designed to help each student reach their optimal physical, mental, emotional, and social developmental goals. Students develop skills that further their abilities sparking an interest to participate in the athletics program.

### **Kindergarten through Second Grade**

Students will learn about fair and cooperative play, interacting positively and safely with classmates, movement vocabulary, and the importance of healthy living and stretching. There is an emphasis in the child's ability to demonstrate mature forms of walking, running, skipping, hopping, and gliding, as well as control of balance. They will engage in moderate to vigorous physical exercise activity and identify the effects of exercise. Students will try new activities to gain confidence with skill level and enjoyment.

### **Third through Fifth Grade**

Students will be introduced to team and individual sports as well as work independently and cooperatively with a partner or small groups. At this age group students are introduced to tumbling, jumping, and climbing activities, where they begin to identify activities related to each component of physical fitness (endurance, strength, flexibility, nutrition, rest) As a result, students are challenged to new fitness levels and goals. Students also participate in the Presidential Youth Fitness program that recognize fitness excellence for all ages and measure their physical activity and nutrition achievements to assure students are fit for life.

### **Sixth through Eighth Grade**

Students will apply basic principles of physical and mental fitness. They understand more advanced skills, strategies, sportsmanship, and personal health and cleanliness. Student's growth is developed through interaction with others in individual and team activities in and out of school. They will establish leadership skills, proper care of personal and school property, and to respect the rights of other students. Students participate in the Presidential Youth Fitness program that recognize fitness excellence for all ages and measure their physical activity and nutrition achievements to assure students are fit for life.