

Primary Plus Elementary School Physical Education Curriculum

All Junior K through Fourth Grade students at Primary Plus Elementary School are learning to move and moving to learn! This page outlines the skills and concepts presented throughout the year during our physical education class.

Focus: Listening, movement and motor skills, organized games

Kickball	Flag Football	Tag Games
Flag Pulling		

Dodging	Change of Direction	Body Balance	Stretching
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Flexibility	Spatial Awareness	Boundaries
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Focus: Fitness Mechanics, application of movement, organized games

Baseball/ T-ball	Volleyball	Volleying	Striking
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Body Awareness	Jumping and landing	Throwing Form	Catching
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Parachute Cooperation	Rhythm and Movement	Tumbling and Rolls
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Teamwork	Sportsmanship	Fair Play
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Focus: Goal setting, fitness awareness, organized games

Presidential Fitness Testing (1st-4th only):

Include: core strength, arm strength, speed and agility, endurance and flexibility

Basketball Ropes	Passing and Dribbling	Form /Technique	Jump
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Hula Hoops	Heart Rate	Inclusion /Respect
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Focus: Fitness as a lifestyle, healthy choices, organized games

Soccer	Hockey or Golf	Kicking	Passing
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Shooting Stations	Relay Games	Frisbee
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Targets /Aiming	Speed Jumps	Force /Impact
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September 2018