

## PHYSICAL EDUCATION CURRICULUM

All Junior Kindergarten 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 classes.

### **FOCUS: LISTENING, MOVEMENT AND MOTOR SKILLS, SPORTSMANSHIP**

Basketball	Soccer	Flag Football
Dodging	Change of Direction	Stretching
Kicking	Spatial Awareness	Boundaries

### **FOCUS: FITNESS MECHANICS, APPLICATION OF MOVEMENT, ORGANIZED GAMES, GOAL SETTING, FITNESS TESTING (1ST-4TH GRADES ONLY)**

Baseball / T-Ball	Hockey	Kickball
Heart Rate	Striking	Jumping and Landing
Throwing	Teamwork	Spatial Awareness

### **FOCUS: FITNESS AS A LIFESTYLE, HEALTHY CHOICES, ORGANIZED GAMES, SPORTS FROM AROUND THE WORLD**

Rounders	Cricket	Netball / Endball
Targets / Aiming	Rules	Passing
Scoring	Form / Technique	Footwork