



# SCHOOL DISTRICT OF THE CHATHAMS CURRICULUM PROFILE TEMPLATE



**CONTENT AREA: Comprehensive Health & Physical Education**

**COURSE/GRADE LEVEL: K - 2**

## **I. Course Overview**

In the Kindergarten to 2<sup>nd</sup> grade physical education course, students will acquire health promotion concepts and skills that will support a healthy and active lifestyle. Since health enhances behaviors that contribute to wellness, students will gain knowledge about diseases and its prevention and ways to promote health enhancing behaviors. In physical education, students will develop and use interpersonal skills and effective decision-making skills that will be a determining factor in situations that include strategy, rules, sportsmanship, and safety. The most important part of this course is that students are introduced to safe, efficient, and effective movements to develop and maintain a healthy and active lifestyle by understanding the fundamental concepts in order to execute actions for the foundation of participation in game, sport, and dance. Students will also develop competence and confidence in gross and fine motor skills that will provide a foundation for participation on physical activities.

## **II. Units of Study**

1. Net Games
2. Invasion Games
3. Fielding Games
4. Target Games
5. Rhythms & Dance
6. Physical Fitness & Conditioning
7. Adventure Education

## **III. Essential Questions** (The open-ended, provocative questions that help frame inquiry)

### Target Games

K: How should I prepare my body to throw?

1<sup>st</sup>: How does my body affect the accuracy of the skill?

2<sup>nd</sup>: Can I transfer these skills and practice to moving around in a game?

How do I throw, catch, bounce, hit, kick, or strike an object properly while the target is moving?

### Adventure Education

Why is important to work together?



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Can we overcome our differences to reach a common goal together?  
How can I communicate effectively?  
Can I use proper climbing technique to climb from one point to another?

## Fielding Games

How do I field a rolling/bouncing ball?  
How do I field and throw a fly ball?  
What skills am I improving by playing this type of game?

## Fielding Games

How do I field a rolling/bouncing ball?  
How do I field and throw a fly ball?  
What skills am I improving by playing this type of game?

## Net Games

Can I modify the way I strike a ball to get it over the net?  
How do I play a game with a net and what can I do to be successful?

## Physical fitness and Conditioning

K: What does it mean to be physically fit?  
1<sup>st</sup>: What movements can I do for lifetime fitness?  
2<sup>nd</sup>: How do I know if I'm doing enough to be physically fit

## Rhythms and Dance

K: Can I find the beat of the song?  
1<sup>st</sup>: Can I move to the rhythm of the song?  
2<sup>nd</sup>: Can I perform more than two skills in a rhythmic activity?  
Can I improve coordination and physical fitness through dance?

## IV. Learning Objectives

**2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.**

### **Strand A. Personal Growth and Development**

Health-enhancing behaviors contribute to wellness.

### **Strand C. Diseases and Health Conditions**

Knowledge about diseases and disease prevention promotes health-enhancing behaviors.

### ***Strand D. Safety***

Using personal safety strategies reduces the number of injuries to self and others



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**2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.**

**Strand A. Interpersonal Communication**

Effective communication may be a determining factor in the outcome of health- and safety-related situations.

**Strand B. Decision-Making and Goal Setting**

Effective decision-making skills foster healthier lifestyle choices.

**Strand C. Character Development**

Character traits are often evident in behaviors exhibited by individuals when interacting with others.

**2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.**

**Strand A. Movement Skills and Concepts**

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

**Strand B. Strategy**

Teamwork consists of effective communication and other interactions between team members.

**Strand C. Sportsmanship, Rules, and Safety**

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

**2.6 Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.**

**Strand A. Fitness and Physical Activity**

Appropriate types and amounts of physical activity enhance personal health.

### **V. Instructional Materials**

Nintendo Wii, Dance Dance Revolution, pedometers, heart rate monitors, and age appropriate/sport-specific equipment.



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### VI. Key Performance and Benchmark Tasks

By the end of 2<sup>nd</sup> grade, students will be able to show the beginning stages of developing manipulative, locomotor, and non locomotor skills. These concepts are important in developing the basis for a healthy and active lifestyle. When students develop confidence in these skills, it will lead to a more positive outlook on physical activity. Students will also be introduced to a variety of exercises, games, and activities that will promote heart health and living a healthy and active lifestyle. The goal is for all students to be able to play with each other, using concepts of cooperation and good sportsmanship, through a variety of different activities so they may build confidence in life.

Grade 1- Students will be able identify and/or execute how to roll a ball with palm facing up on the follow through.

Grade 2- Student will be able to identify and/or execute how to step with opposite foot while rolling.

Grade 1- Students will identify and/or execute movement skills to the beat of the song.

Grade 2- Students will identify and/or execute two or more skills in a rhythmic activity.

Grade 1- Students will identify and/or execute climbing onto the wall and support their body weight.

Grade 2- Students will identify and/or execute climbing across 1 panel.

Grade 1- Students will be able to identify and/or execute running of the bases in a fielding game.

Grade 2- Students will be able identify and/or execute proper fielding of a ground ball.

Grade 1- Student will be able to identify and/or execute five locomotor skills.

Grade 2- Students will be able to identify and/or execute the skip, leap, and slide.

Grade 1- Students will be able to identify and/or execute proper catching form of ball tossed at a medium or low level.

Grade 2- Students will be able to identify and/or execute proper serving rotation in a net game.

Questionnaire for following proper steps to rolling and aiming at a moving target.

Skill checklists

Peer assessment

Students will read posted rules on climbing regulations and demonstrate before using equipment.

Rock wall safety assessment.

Self-assessment of fielding games and its rules and strategy.

Students have a worksheet on what positions are and what purpose they have.

Locomotor skills rubric sheet.

Net Games Question Sheet or volley overhead sheet