

**Grace Christian Academy
Course Description**

Course Title: KG-1st Grade Physical Education
Course Length: Full Year

Class Meetings (Per Week): 2x, 40 min. classes
Curriculum: Teacher Created, Missouri Physical Education Checklist

General Course Description: GCA physical education classes promote an enjoyment and appreciation of physical activity, while developing physical strength, endurance and developmental skills with a Christian focus on developing their body as the temple of the Holy Spirit.

Biblical Principles:

God needs our bodies to be strong to do His will. (Proverbs 3:7)

We are to treat our bodies as God's temple. (I Corinthians 3:16)

We are instructed to always do our best and never give up. (I Corinthians 9:24)

God promises us strength and endurance if we wait on Him. (Isaiah 40:30)

General Course Content:

1st Quarter:

Learn to sit in squads

Development of body awareness, loco motor and non-loco motor skills

Increase fitness levels; improve strength, flexibility, and agility to prepare for Fitness

Testing: ½ mile, Sit-ups, Shuttle run, Flexibility, and Flexed Arm Hang

Compete in standardized Physical Fitness Testing (Pre-test)

Play low organized games, improving gross motor skills-i.e. crazy cones, cookie monster, secret pop slices

2nd Quarter:

Develop body rhythm, movement skills

Improve body strength and agility, and

Improve endurance and coordination through activities and games

Develop eye hand coordination activities – i.e. Ball handling, scarves and tracking

Play low organizational games- i.e. dribbling, kicking, parachute games

3rd Quarter:

Improve over-all physical skills and conditioning

Reinforce body awareness, flexibility, and agility

Participate in parachute, hula hoop, and kickball activities

4th Quarter:

Reinforce overall loco motor and non-loco motor skills.

Develop new activity skills (t-ball)

Increase cardiovascular fitness, strength, endurance, and agility in preparation for Fitness testing. ½ mile run, Sit-ups, Shuttle run, Flexibility and Flexed Arm Hang

Compete in the standardized Physical Fitness Testing (Post-test)

Compete in obstacle course activities (Field Day)

Continue to learn and play new low organizational games

Related Student Objectives/Learner Outcomes:

The student will learn to:

1. Demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) used in the loco motor skills of walking, running, hopping, jumping, galloping, sliding and skipping.
2. Demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) used in the non-manipulative movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, balancing and rolling.
3. Demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) used in stationary manipulative skills (e.g., toss and throw to targets, bounce and catch, toss and catch, kick to target, dribble, trap.)
4. Demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) used in manipulative skills while moving.
5. Demonstrate moving to a rhythm, using basic rhythmic patterns. (Succoth)
6. Demonstrate use of movement concepts to directions, levels, pathways, and effort while performing loco motor skills.
7. Participate for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rates and perspiration.
8. Use appropriate behaviors and safe practices by demonstrating good listening skills when learning procedures and receiving instruction.
9. Use appropriate behaviors and safe practices by demonstrating the ability to share, be cooperative and safe with others.
10. Participate in regular physical activity and learn joy in movement
11. Explain why physical activity is good for health.
12. Demonstrate cardio respiratory fitness by completing the ½ mile run.
13. Demonstrate strength and muscular endurance by completing the Physical Fitness Sit-Up Test and Flexed Arm hang.
14. Demonstrate flexibility by participating in the Sit and Reach Test
15. Improve total coordination, flexibility, and agility

Presentation Methods:

- Teacher Instruction and modeling
- Student Demonstration

Evaluation and Grading Methods:

- Teacher evaluation
- Physical fitness testing
- Teacher observation both individual skill and group situations
- Class participation
- Grading Scale:

E = Exceeds Expectations

M = Meets Expectations

N = Needs Further Development

+ = Commendable

√ = Acceptable

— = Area of Concern

Enrichment and /or Supplemental Activities:

- Succoth Celebration Dance Participation
- Field Day Participation
- After School Sports and Enrichment programs
- GCA Soccer Team
- GCA Track and Cross Country