

**Grace Christian Academy  
Course Description**

**Course Title:** Preschool Physical Education  
**Course Length:** Full Year

**Class Meetings (Per Week)** Once  
**Curriculum:** Teacher Created

**General Course Description:** The primary focus of Preschool physical education is to provide every student with the opportunity to acquire, develop, and improve motor skills, personal fitness, acceptable behavior, a positive self-image, and an enjoyable leisure time.

**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. (1Cor 3:16)**

**We are instructed to always do our best and never give up. (1Cor 9:24)**

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

**General Course Content:**

- |                               |  |
|-------------------------------|--|
| <b>1<sup>st</sup> Quarter</b> | Learn to sit in circle<br>Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce body awareness skills<br>Play games involving body awareness              |
| <b>2<sup>nd</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning for fitness<br>Introduce locomotion skills<br>Play games promoting locomotion skills   |
| <b>3<sup>rd</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce non-locomotive skills<br>Play games developing non-locomotive skills                                |
| <b>4<sup>th</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce balance skills<br>Introduce manipulative skills<br>Activities using balance and manipulative skills |

**Related student Objectives/Learner Outcomes:**

Student will learn to:

1. Develop an awareness of their body and how it works.
2. Understand space when moving through stations.
3. Express, create, and problem solve while moving their body.
4. Perform basic axial movement patterns such as twisting, swaying, flexing and extending.
5. Perform loco motor movements such as run, skip, gallop, walk, slide, hop, jump, leap, push, pull, lift, and carry.
6. Understand size, shape, levels, and directions in space and in relationship to their bodies.

**Presentation Methods:**

- Teacher and student modeling

**Evaluation and Grading Methods:**

- Students observed in individual activities and group activities.
- When needed, individual instruction and modeling are repeated until skill level is improved.
- Teacher will observe students on body awareness through loco motor, non-loco motor, balance skills, and manipulative skills.
- Grading Scale
  - E = Exceeds Expectations
  - M = Meets Expectations
  - N = Needs Further Development

**Enrichment and/or supplemental Activities;**

Age-appropriate skill development:

- Walking
- Running
- Galloping
- Skipping
- Hopping
- Jumping
- Kicking

Games:

- Duck-Goose
- Cookie Monster
- Relays
- Parachute Play
- Crazy Cones

## Course Description

**Course Title:** Pre Kindergarten Physical Education  
**Course Length:** Full Year

**Class Meetings (Per Week):** Once  
**Curriculum:** Teacher Created

**General Course Description:** The primary focus of Pre Kindergarten physical education is to continue what has been taught in Preschool by providing every student with the opportunity to acquire, develop, and improve motor skills, personal fitness, acceptable behavior, a positive self-image, and an enjoyable leisure time.

### 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. (1Cor 3:16)**

**We are instructed to always do our best and never give up. (1Cor 9:24)**

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

### General Course Content:

- |                               |  |
|-------------------------------|--|
| <b>1<sup>st</sup> Quarter</b> | Learn to sit in circle<br>Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce body awareness skills<br>Play games involving body awareness              |
| <b>2<sup>nd</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning for fitness<br>Introduce locomotion skills<br>Play games promoting locomotion skills   |
| <b>3<sup>rd</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce non-locomotive skills<br>Play games developing non-locomotive skills                                |
| <b>4<sup>th</sup> Quarter</b> | Exercise/Calisthenics<br>Run for conditioning and fitness<br>Introduce balance skills<br>Introduce manipulative skills<br>Activities using balance and manipulative skills |

### Related student objectives/learner outcomes:

The student will learn to:

1. Focus and learn basic body control while moving in a variety of settings.
2. Become aware of strength, endurance and flexibility in different parts of their body and begin to increase health-related fitness.
3. Develop Kicking Skills:
  - a. Demonstrate effective approach steps
  - b. Use support foot consistently
  - c. Demonstrate effective leg swing
  - d. Demonstrate effective follow through with transfer

4. Catching:
  - a. Demonstrate effective tracking of objects
  - b. Adjust body position to flight of objects
  - c. Demonstrate effective use of arms and body for absorbing force of tossed objects.
  - d. Consistently catch a variety of self-tossed objects
  - e. Effectively catch objects struck or thrown by some else.

**Presentation Methods:**

- Teacher and student modeling

**Evaluation and Grading Methods:**

- Students observed in individual activities and group activities.
- When needed, individual instruction and modeling are repeated until skill level is improved.
- Teacher will observe students on body awareness through loco motor, non-loco motor, balance skills, and manipulative skills.
- Grading Scale
  - E = Exceeds Expectations
  - M = Meets Expectations
  - N = Needs Further Development

**Enrichment and/ or Supplemental Activities:**

Age appropriate skill development

- Walking
- Running
- Galloping
- Skipping
- Hopping
- Jumping
- Leaping
- Throwing
- Kicking
- Catching

Games:

- Duck-Goose
- Cookie-Monster
- Relays
- Parachute
- Crazy Cones