

Physical Education Curriculum

PCA P.E. Mission Statement- The Physical Education Department promotes the respect, appreciation, understanding and development of the physical body which God, our creator, has wonderfully made for service to Him; and through cooperation and sportsmanship, to respect the unique way God has blessed us with differences in talents and physical capabilities.

K-5 Exemplary Physical Education Curriculum

Matrix by NASPE (National Association for Sports & Physical Education) Standards

The EPEC (Exemplary Physical Education Curriculum) K-5 program is based on a physical education program that meets two, 30-minute periods per week to accommodate the most common situation in Michigan's schools. The number of minutes of instructional time available per year in the curriculum was determined by calculating the total potential number of minutes available per year and reducing this by approximately 10 percent to account for lost time due to uncontrollable circumstances (e.g., weather, assemblies, etc.). Then, 75 percent of the remaining time was allocated for instruction per grade. The following outlines the content standards and skills covered by the PCA P.E. Curriculum.

Content Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.

Locomotor Skills

1. Gallop
2. Hop
3. Horizontal jump
4. Leap
5. Run
6. Skip
7. Slide
8. Vertical jump
9. Walk

Object Control Skills

10. Batting
11. Catch fly balls
12. Catch rolling balls
13. Foot dribble
14. Forehand strike
15. Hand dribble
16. Instep kick
17. Overhand throw
18. Underhand strike
19. Underhand throw

Postural Skills

20. Life and carry posture

Content Standard 2: Applies movement concepts and principles to the learning and development of motor skills.

- 21. Body parts, actions, planes
- 22. Use of space

Content Standard 3: Exhibits a physically active lifestyle.

- 23. Beneficial effects of activity
- 24. Aerobic fitness

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Cardiovascular Fitness

- 25. Aerobic Fitness

Muscular Flexibility

- 26. Hip/low back flexibility

Muscular Strength/Endurance

- 27. Abdominal/low back strength
- 28. Arm/shoulder strength

Content Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.

- 29. Best effort
- 30. Constructive competition
- 31. Cooperation
- 32. Following directions
- 33. Responsibility
- 34. Self-control

Content Standard 6: Demonstrates understanding and respect for differences among people in physical activity settings.

- 35. Compassion
- 36. Respect for others

Content Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

- 37. Beneficial effects of activity
- 38. Best effort
- 39. Constructive competition
- 40. Cooperation