

GRADE LEVEL THEMES

Kinder Emphasis: How I Move in My Environment

- Children at this stage are solo learners.
- They focus primarily on moving within space, including the general space around them and their own personal space.

1st Grade Emphasis: Moving Through Space and Time

- Students at this stage expand their movement skills to include qualities of space and time.
- Learning to move in different directions at varying speeds.
- They explore a variety of movements.

2nd Grade Emphasis: My Partner and I – How We Move in Space

- At this stage students explore movement patterns with a partner to define movement in relation to another person, shape, or group.

3rd Grade Emphasis: Continuity and Change in Movement

- Students' motor ability increases as they gain greater control.
- They begin to develop a concept of the order of a sequence in movement and willingly experiment with and explore alternative movements.
- Learn a variety of rhythmic patterns and grade-appropriate dances.

4th Grade Emphasis: Manipulating Objects in and Through Space

- Eye-hand coordination is improved, and fine-motor activities are becoming more skillful.
- In addition, the greatest gain in strength begins at this stage.
- Students have mastered many locomotor and non-locomotor skills and are able to manipulate objects in a variety of ways.

5th Grade Emphasis: Manipulating Objects with Accuracy and Speed

- At this level students continue to manipulate a variety of objects according to more specific goals.
- Now accuracy and speed, with a focus on targets, become important.
- Eye-hand, eye-foot, and other forms of coordination begin to come together.

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6th Grade Emphasis: Working Cooperatively to Achieve a Common Goal

- Students are ready to combine skills for practice in lead-up games (a team, individual, or dual activity leading to an organized sport).
- Some activities that should be taught in a 6th grade PE curriculum are the following: juggling, dance, yoga, traversing, and motor skills that will lead to a physically educated student. (dribbling, throwing, striking, shooting, jump rope, etc.)

7th Grade Emphasis: Meeting Challenges and Making Decisions

- This is an appropriate time to introduce individual risk taking and individual sports rather than focus exclusively on team sports.
- Examples of activities that should be taught in a 7th grade PE curriculum are the following: paddle tennis, golf, track & field, self-defense, rock climbing, swimming, etc.

8th Grade Emphasis: Working as a Team to Solve Problems

- The emphasis in physical education moves toward team sports, including defensive and offensive strategies.
- Some activities that should be taught in an 8th Grade PE curriculum are: hockey, soccer, volleyball, football, basketball, team handball, baseball, etc.

Course 1 Emphasis: Developing a Personalized Fitness Program for a Healthy Life-Style

- The major emphases of study in Course 1 are fitness, team sports, gymnastics, and aquatics.
- In fitness, the students become familiar with new concepts related to the physiology of exercise; become knowledgeable consumers in relation to fitness; and experience a wide variety of exercises for flexibility, muscular strength and endurance, and cardio respiratory endurance.
- In team sports, students should be encouraged to select a sport in which to specialize; learn the history, rules, and strategies of the sport; and become proficient in the appropriate skills.

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Course 2 Emphasis: Analyzing Skills for Effective Movement

- The five emphases of study in Course 2 are individual and dual sports, outdoor education, combatives, dance, and analysis of movement.
- The individual or dual sport may be of the student's own choosing and may include such outdoor activities as orienteering, rock climbing, backpacking, and skiing.
- A personal defense class meets the combatives requirement and teaches students to avoid dangerous situations while preparing to defend themselves.
- The dance unit can be an extension of units taught at earlier grade levels.
- It can also be an elective that allows students to specialize in a specific type of dance at an intermediate or advanced level.