

KEY LEARNINGS: PHYSICAL EDUCATION CHART

2006-2008

	Spiritual Emphasis	Movement and Motor Skills	Lifestyle and Fitness	Sportsmanship and Appropriate Behaviors
K	<ul style="list-style-type: none"> • Healthy lifestyle, God's ideal • Principles that promote health • At-risk behaviors • Balance in work - leisure • Interaction of physical on the whole being 	<ul style="list-style-type: none"> • Progress in manipulative, locomotor and non-locomotor skills • Walking, running • Skip, strike • Beginning movement vocab • Apply concepts to performance 	<ul style="list-style-type: none"> • Daily physical activity • Exertion during free time • Fitness test • Physiological signs of moderate physical activity • Positive in participation • New movement activities and skills 	<ul style="list-style-type: none"> • Concepts of grace and forgiveness • Rules, procedures and safe practices • Share space and equipment • Interact regardless of personal differences
1-2	<ul style="list-style-type: none"> • Healthy lifestyle, God's ideal • Principles that promote health • At-risk behaviors • Balance in work and leisure • Interaction of physical on the whole being 	<ul style="list-style-type: none"> • Skipping, hopping, galloping and sliding • Motor patterns in simple combinations • Transitions between sequential motor skills • Adapt and adjust skills • Control traveling activities • Elements of basic patterns • Movement concepts • Feedback to improve performance 	<ul style="list-style-type: none"> • Pleasure in participation • Sustained physical activity • Physiological indicators of vigorous physical activity • Measure heart rate • Components of health-related physical fitness • Try new activities • Enjoy interaction through physical activity 	<ul style="list-style-type: none"> • Rules, procedures and safe practices • Follow directions • Work cooperatively • Play and cooperate with others regardless of personal differences • Treat others with respect • Resolve conflicts • Practice Christ-like principles
3-4	<ul style="list-style-type: none"> • Healthy lifestyle, God's ideal • Principles that promote health • At-risk behaviors • Balance in work and leisure • Interaction of physical on the whole being 	<ul style="list-style-type: none"> • Mature form in all locomotor patterns • Adapt a skill to unpredictable environment • Combine movement skills • Improve personal performance • Provide feedback to others 	<ul style="list-style-type: none"> • Improve skill and health • Benefits from regular physical activity • Personal health status • Fitness testing program • Enjoyment in activities • Increase skill competence • Interact while participating • Self-expression 	<ul style="list-style-type: none"> • Rules, procedures and etiquette • Safety principles • Work cooperatively • Work independently • Explore cultural/ethnic self awareness • Activities of national, cultural and ethnic origins
5-6	<ul style="list-style-type: none"> • Healthy lifestyle, God's ideal • Principles that promote health • At-risk behaviors • Balance in work and leisure • Interaction of physical on the whole being 	<ul style="list-style-type: none"> • Mature form in manipulative, locomotor, non-locomotor skills • Competence in specialized skills • Adapt and combine skills • Beginning strategies for net and invasion games • Improve performance • Movement patterns applied to games • Terms that describe basic movement • Offensive and defensive strategies 	<ul style="list-style-type: none"> • Regular participation • Personal interests to one's exercise behavior • Aspects of healthy lifestyle • Monitor exercise intensity • Cool-down and warm-up • Improvement of selected fitness components • Personal fitness goals • Physical fitness test • Positive opportunity for social/group interaction • Enjoyment in activities • Challenging experiences 	<ul style="list-style-type: none"> • Rules, procedures and etiquette • Goal in cooperative and competitive activities • Christ-like decisions • Utilize time effectively • Acknowledge differences in behaviors in groups • Work cooperatively with all peers
7-8	<ul style="list-style-type: none"> • Healthy lifestyle, God's ideal • Principles that promote health • At-risk behaviors • Balance in work and leisure • Interaction of physical on the whole being 	<ul style="list-style-type: none"> • Competence in variety of movement forms • Advanced movement and game strategies • Sport specific skills • High performance level • Advanced sport skill knowledge 	<ul style="list-style-type: none"> • Personal goals • Health-enhancing activities • New physical activities • Physiological indicators of exercise • Improve physical fitness • Physical fitness test • Enjoy participation • Social benefits • New and challenging activities 	<ul style="list-style-type: none"> • Apply God's help in dealing with peer pressure • Solve problems • Consequences with true competition • Achieve group goals • Supportive, inclusive, exclusionary behaviors • Willingly join others of diverse groups

