

For the 2020-2021 school year, Physical Education classes will be expected to follow “The 3 B’s”

Be Responsible. Be Respectful. Be Safe.

Our goals for each grade level for 2020-2021 school year is as followed:

Kindergarten

- Students will be able to recognize and perform locomotor skills (ie. Running, skipping, jumping, hopping).
- Students will be able to self-toss and catch various equipment.
- Students will be able to identify their dominant hand and foot.
- Students will be able to throw with both underhand and overhand motion.

First Grade

- Students will be able to differentiate between moderate and vigorous activities.
- Students will be able to dribble a ball with their feet and hands with control.
- Students will be able to move in various directions while performing their locomotor movements.
- Students will be able to use an underhand motion to demonstrate accuracy in a throw.

Second Grade

- Students will be able to name both moderate and vigorous activities.
- Students will be able to define offense and defense.
- Students will be able to dribble with hands and feet in various pathways, directions and speeds around stationary objects.
- Students will be able to move in different directions to catch a variety of objects softly tossed by a stationary partner.

Third Grade

- Students will be able to describe basic offensive and defensive tactics.
- Students will be able to identify opportunities for involvement in physical activities during and after the school day.
- Students will be able to apply locomotor skills in a variety of movement settings.
- Students will be able to throw and catch balls of various sizes and weights to a stationary partner using a correct overhand motion.

Fourth Grade

- Students will be able to identify basic offensive and defensive tactics for modified invasion and net activities.
- Students will be able to identify both moderate and vigorous activities.
- Students will be able to apply movement concepts to the performance of locomotor skills in a variety of movement settings.

-Students will be able to move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances. Students will also be able to throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion.

Fifth Grade

-Students will be able to categorize basic offensive and defensive tactics for modified invasion and net activities.

-Students will be able to identify both moderate and vigorous activities.

-Students will be able to throw a leading pass overhand to a moving partner using a variety of objects and throw a leading pass overhand to a moving partner using a variety of objects.

This is just a short example of things that will be happening in PE this year. As the year goes we will hopefully be able to use more equipment leading to new activities for all grade levels. Please let us know if you have any questions.

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