

Department: Physical Education

Course Name: Junior Kindergarten Physical Education

Course Description:

Our students will demonstrate an understanding of the significant role of physical education, fitness, and health play in our personal lives and in society. They will possess the skills necessary to maintain fitness and body control through various physical activities. A major emphasis will be placed on improving locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking) and the non-locomotor skills (twisting, turning, pushing, pulling, swinging, dodging, bending, stretching). Our program is to improve skill acquisition and physical fitness to develop healthy behaviors to promote lifelong wellness.

Content:

Locomotor Skills

Toss and Catch

Spatial Awareness

Dribbling

Non-Locomotor Skills

Striking With and Without Equipment

Soccer

Basketball

Bowling

Tennis

Throwing

Rhythm

Volleying

Chasing

Fleeing

Dodging

Tagging

Skills:

Develop locomotor skills (running, skipping, galloping, sliding, jumping, hopping, walking, leaping)

Toss strike, roll, and catch a variety of shape and size balls

Kick and block soccer balls

Use beanbags, hula hoops, scooters, and scoopers properly

Move throughout areas with a juggling scarf

Pass, dribble, and shoot a soccer ball and basketball

Move with and without music to engage rhythm

Develop non-locomotor skills (twisting, turning, pushing, pulling, swinging, swaying, dodging, bending, stretching)

Develop problem solving skills while learning to collaborate and team build

Move through space while dodging people and objects

Text and Materials:

Tennis Shoes are required to participate

Individual refillable water bottle

Methods of Instruction:

Individual and group activities

Teacher directed instruction

Methods of Evaluation:

Teacher Observation

