

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

