

### Physical Education Philosophy:

As Physical Education teachers at St. Michael Catholic School (Prior Lake), we will provide students with the skills necessary to: participate in a variety of activities, help students understand the value of daily physical activity and teach students positive habits and skills necessary for lifelong wellness.

Through these physical activities and working with others in a positive environment, students will learn the value of being physically fit. Based on the Catholic Teachings, students will care and respect the dignity of others, as well as themselves. They will also demonstrate responsible decision making skills and conflict resolution.

### Physical Education Learner Outcomes:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

**Kindergarten:**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - a. Demonstrate progress toward the mature form of selected manipulative, locomotor, and nonlocomotor skills
  - b. Demonstrate mature form in walking and running.
2. Applies movement concepts and principles to the learning and development of motor skills.
  - a. Identify fundamental movement patterns (skip, strike).
  - b. Establish a beginning movement vocabulary (person space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist).
  - c. Apply appropriate concepts to performance (change direction while running).
3. Exhibits a physically active lifestyle.
  - a. Engage in moderate to vigorous physical activity.
  - b. Select and participate in activities that require some physical exertion during unscheduled times.
  - c. Identify likes and dislikes connected with participation in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
  - a. Sustain moderate to vigorous physical activity for short periods of time.
  - b. Identify the physiological signs of moderate physical activity (fast heart rate, heavy breathing).
5. Demonstrates responsible personal and social behavior in physical activity settings.
  - a. Apply, with teacher reinforcement, classroom rules and procedures and safe practices.
  - b. Share space and equipment with others.

6. Demonstrates understanding and respect for differences among people in physical activity settings.
  - a. Recognize the joy of shared play.
  - b. Interact positively with students in the class regardless of personal differences (race, gender, disability).
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
  - a. Engage in physical activities.
  - b. Associate positive feelings with participation in physical activity.
  - c. Try new movement activities and skills.

## **1<sup>st</sup> Grade-2<sup>nd</sup> Grade**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - a. Demonstrate mature form in skipping, hopping, galloping, and sliding.
  - b. Demonstrate mature motor pattern in simple combinations (dribbling while running)
  - c. Demonstrate smooth transitions between sequential motor skills (running into a jump)
  - d. Exhibit the ability to adapt and adjust movement skills to uncomplicated, yet changing, environmental conditions and expectations (tossing a ball to a moving partner, using different rhythms).
  - e. Demonstrate control in traveling activities and weight bearing and balance activities on a variety of body parts.
2. Applies movement concepts and principles to the learning and development of motor skills.
  - a. Identify the critical elements of basic movement patterns.
  - b. Apply movement concepts to a variety of basic skills.
  - c. Use feedback to improve performance.
3. Exhibits a physically active lifestyle.
  - a. Experience and express pleasure from participation in physical activity.
  - b. Engage in moderate to vigorous physical activity outside of physical education class.
  - c. Identify at least one activity associated with each component of health-related physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
  - a. Engage in sustained physical activity that causes an increased heart rate and heavy breathing.
  - b. Recognize the physiological indicators that accompany moderate to vigorous physical activity (sweating, increased heart rate, heavy breathing).
  - c. Identify components of health-related physical fitness.

5. Demonstrates responsible personal and social behavior in physical activity settings.
  - a. Apply rules, procedures, and safe practices with little to no reinforcement.
  - b. Follow directions.
  - c. Work cooperatively with another to complete an assigned task.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
  - a. Play and cooperate with others regardless of personal differences (gender, ethnicity, disability).
  - b. Treat others with respect.
  - c. Resolve conflicts in socially acceptable ways.
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
  - a. Gain competence to provide increased enjoyment in movement.
  - b. Try new activities.
  - c. Express feelings about and during physical activity.
  - d. Enjoy interaction with friends through physical activity.

### **3<sup>rd</sup> Grade-4<sup>th</sup> Grade:**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - a. Demonstrate mature form in all locomotor patterns and selected manipulative and nonlocomotor skills.
  - b. Adapt a skill to the demands of a dynamic, unpredictable environment.
  - c. Acquire beginning skills of a few specialized movement forms.
  - d. Combine movement skills in applied settings.
2. Applies movement concepts and principles to the learning and development of motor skills.
  - a. Apply critical elements to improve personal performance in fundamental and selected specialized motor skills.
  - b. Use critical elements of fundamental and specialized movement skills to provide feedback to others.
3. Exhibits a physically active lifestyle.
  - a. Select and participate regularly in physical activities for the purpose of improving skill and health.
  - b. Identify the benefits derived from regular physical activity.
  - c. Identify several moderate to vigorous physical activities that provide personal pleasure.
4. Achieves and maintains a health-enhancing level of physical fitness.
  - a. Identify several activities related to each component of physical fitness.
  - b. Associate results of fitness testing to personal health status and ability to perform various activities.
  - c. Meet the health-related fitness standards as defined by the President's Fitness Program.
5. Demonstrates responsible personal and social behavior in physical activity settings.
  - a. Follow, with few reminders, activity-specific rules, procedures, and etiquette.
  - b. Utilize safety principles in activity situations.
  - c. Work cooperatively and productively with a partner or small group.

- d. Work independently and on-task for short periods of time.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
    - a. Explore cultural/ethnic self-awareness through participation in physical activity.
    - b. Recognize the attributes that individuals with differences can bring to group activities.
    - c. Experience differences and similarities among people of different backgrounds by participating in activities of national, cultural, and ethnic origins.
  7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
    - a. Experience enjoyment while participating in physical activity.
    - b. Enjoy practicing activities to increase skill competence.
    - c. Interact with friends while participating in group activities.
    - d. Use physical activity as a means of self-expression.

### **5<sup>th</sup> Grade-6<sup>th</sup> Grade:**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - a. Demonstrate mature form for all basic manipulative, locomotor and nonlocomotor skills.
  - b. Demonstrate increasing competence in more advanced specialized skills.
  - c. Adapt and combine skills to the demands of increasingly complex situation of selected movement forms.
  - d. Demonstrate beginning strategies for net and invasion games.
2. Applies movement concepts and principles to the learning and development of motor skills.
  - a. Use information from a variety of sources of internal and external origin to improve performance.
  - b. Identify general characteristics of movement that can be applied to specific settings (similarity of the ready position in striking movement forms).
  - c. Use basic offensive and defensive strategies in noncomplex settings.
3. Exhibits a physically active lifestyle.
  - a. Identify opportunities in the school and community for regular participation in physical activity.
  - b. Participate daily in some form of health-enhancing physical activity.
  - c. Analyze personal interestes and capabilities in regard to one's exercise behavior.
  - d. Identify the critical aspects of a healthy lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
  - a. Participate in moderate to vigorous physical activity in a variety of settings.
  - b. Monitor intensity of exercise.
  - c. Being to develop a strategy for the improvement of selected fitness components.
  - d. Work somewhat indepently with minimal supervision in pursuit of personal fitness goals.

- e. Meet the health-related fitness standards as defined by the President's Fitness Program.
5. Demonstrates responsible personal and social behavior in physical activity settings.
    - a. Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity solutions.
    - b. Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities.
    - c. Utilize time effectively to complete assigned tasks.
  6. Demonstrates understanding and respect for differences among people in physical activity settings.
    - a. Acknowledge differences in the behaviors of people of different gender, culture, ethnicity, and disability and seek to learn more about both similarities and differences.
    - b. Cooperate with disabled peers and those of different gender, race, and ethnicity.
    - c. Work cooperatively with both more and less skilled peers.
  7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
    - a. Recognize physical activity as a positive opportunity for social and group interaction.
    - b. Demonstrate enjoyment from participation in physical activities.
    - c. Recognize that success in physical activities leads to recognition from peers.
    - d. Use physical activity to express feelings.
    - e. Seek personally challenging experiences in physically active opportunities.

### **7<sup>th</sup> Grade-8<sup>th</sup> Grade:**

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
  - a. Demonstrate competence in modified versions of a variety of movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
  - a. Understand and apply more advanced movement and game strategies.
  - b. Identify the critical elements of more advanced movement skills.
  - c. Identify the characteristics of highly skilled performance in a few movement forms.
  - d. Understand and apply more advanced discipline specific knowledge.
3. Exhibits a physically active lifestyle.
  - a. Establish personal physical activity goals.
  - b. Participate regularly in health-enhancing physical activities to accomplish these goals (in and out of the physical education class)
  - c. Explore a variety of new physical activities for personal interest in and out of the physical education class.
  - d. Describe the relationship between a healthy lifestyle and 'feeling good.'
4. Achieves and maintains a health-enhancing level of physical fitness.
  - a. Participate in a variety of health-related fitness activities in both school and non-school settings.
  - b. Assess physiological indicators of exercise during and after physical activity.
  - c. Understand and apply basic principles of training to improving physical activity.
  - d. Begin to develop personal fitness goals independently.
  - e. Meet the health-related fitness standards as defined by the President's Fitness Program.

5. Demonstrates responsible personal and social behavior in physical activity settings.
  - a. Recognize the influence of peer pressure.
  - b. Solve problems by analyzing causes and potential solutions.
  - c. Analyze potential consequences when confronted with a behavior choice.
  - d. Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
  - a. Recognize the role of sport, games, and dance in modern culture.
  - b. Identify behaviors that are supportive and inclusive in physical activity settings.
  - c. Willingly join others of diverse culture, ethnicity, and race during physical activity.
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
  - a. Enjoy participation in physical activity.
  - b. Recognize the social benefits of participation in physical activity.
  - c. Try new and challenging activities.
  - d. Recognize physical activity as a vehicle for self-expression.