

CHRIST EPISCOPAL SCHOOL

PE ENRICHMENT CURRICULUM

PRE-K 3

Gross Motor Development Skills

1. Maintain balance while walking on a balance beam or standing on one foot.
2. Hop on one foot, walk, jog, jump, stand to walk on tiptoes, and gallop.
3. Can catch and roll a ball.
4. Carry a bowl or plate of objects from one spot to another.
5. Move and stop with control over speed and direction (move back and forth, side-to-side).
6. Move within a space of defined boundaries, changing body configuration to accommodate the space (moving through an obstacle course).
7. Move body into position to catch or kick a ball.
8. Use axial movements such as reaching, twisting, turning, and bending.
9. Participate in group games involving movement ("Hokey, Pokey").
10. Move from one space to another in a variety of ways (running, jumping, hopping, skipping).
11. Move in rhythm to simple tunes and music patterns.

Personal Safety and Health Skills

1. Identify selected body parts such as head, shoulders, arms, hands, knees,
2. Discuss the fact that some substances are not good for the body.
3. Demonstrate an understanding that foods can be grouped as healthy or unhealthy.
4. Demonstrate and discusses the need for exercise and rest to stay healthy.

PRE-K 4

Gross Motor Development Skills

1. Maintain balance while walking on a balance beam or standing on one foot.
2. Hop on one foot, walk, jog, jump, stand to walk on tiptoes, gallop, and skip.
3. Catch, toss, and kick a ball.
4. Carry a bowl or plate of objects from one spot to another.
5. Coordinate leg and body movements to sustain swinging on a swing.
6. Move and stop with control over speed and direction (move back and forth, side-to-side).
7. Move within a space of defined boundaries, changing body configuration to accommodate the space (moving through an obstacle course).
8. Move body into position to catch or kick a ball.
9. Use axial movements such as reaching, twisting, turning, and bending.
10. Participate in group games involving movement ("Hokey, Pokey").

11. Move from one space to another in a variety of ways (running, jumping, hopping, skipping).
12. Move in rhythm to simple tunes and music patterns.

Personal Safety and Health Skills

1. Identify selected body parts such as head, shoulders, arms, hands, knees,
2. Discuss the fact that some substances are not good for the body.
3. Demonstrate an understanding that foods can be grouped as healthy or unhealthy.
4. Demonstrate and discuss the need for exercise and rest to stay healthy.

KINDERGARTEN

Movement

1. Travel in different ways in a large group without bumping into others or falling.
2. Demonstrate clear contrasts between slow and fast movement when traveling.
3. Demonstrate non-locomotor (axial) movements such as bend and stretch.
4. Maintain balance while bearing weight on a variety of body parts.
5. Walk forward and sideways the length of a beam without falling.
6. Demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of.
7. Toss a ball and catch it before it bounces twice.
8. Identify selected body parts such as head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet, and toes.
9. Demonstrate movement forms of various body parts such as head flexion, extension, and rotation.

Physical Activity and Health

1. Describe and select physical activities that provide opportunities for enjoyment and challenge.
2. Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.
3. Participate in appropriate exercises for flexibility in shoulders, legs, and trunk.
4. Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.
5. Describe the benefits from involvement in daily physical activity such as feel better and sleep better.
6. Observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.
7. Locate the lungs and explain their purpose.
8. State that rest and sleep are important in caring for the body.
9. Use equipment and space properly.

10. Know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.
11. Explain how proper shoes and clothing promotes safe play and prevent injury.
12. Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard.
13. Explain appropriate reactions during emergencies in physical activities.

Social Development

1. Respond appropriately to starting and stopping signals.
2. Demonstrate the ability to play within boundaries during games and activities.
3. Follow rules, procedures, and safe practices.
4. Work in a group setting in cooperation with others.
5. Share space and equipment with others.

FIRST

Movement

1. Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low.
2. Demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding.
3. Demonstrate control in balancing and traveling activities.
4. Demonstrate the ability to work with a partner such as leading and following;
5. Clap in time to a simple rhythmic beat.
6. Create and imitate movement in response to selected rhythms.
7. Demonstrate on cue key elements in overhand throw, underhand throw, and catch.
8. Recognize that motor skill development requires correct practice.
9. Demonstrate a base of support and explain how it affects balance.

Physical Activity and Health

1. Describe and select physical activities that provide opportunities for enjoyment and challenge.
2. Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.
3. Participate in appropriate exercises for flexibility in shoulders, legs, and trunk.
4. Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.
5. Distinguish between active and inactive lifestyles.
6. Describe the location and function of the heart.
7. Describe how muscles and bones work together to produce movement.
8. Describe food as a source of energy.

9. Explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.
10. Use equipment and space safely and properly.
11. Describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.
12. Describe how to protect himself/herself from harmful effects of the sun.
13. Describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions, and calling 911.

Social Development

1. Demonstrate starting and stopping signals.
2. Explain boundaries and rules for simple games.
3. Follow directions and apply safe movement practices.
4. Interact, cooperate, and respect others.
5. Resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.

SECOND

Movement

1. Travel independently in a large group while safely and quickly changing speed and direction.
2. Demonstrate skills of chasing, fleeing, and dodging to avoid or catch others.
3. Combine shapes, levels, and pathways into simple sequences.
4. Demonstrate mature form in walking, hopping, and skipping.
5. Demonstrate balance in symmetrical and non-symmetrical shapes from different basis of support.
6. Demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down.
7. Demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control.
8. Demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position.
9. Demonstrate control weight transfers such as feet to hands with controlled landing and feet to back.
10. Demonstrate the ability to mirror a partner.
11. Jump a self-turned rope repeatedly.
12. Demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand.
13. Recognize that attention to the feeling of movement is important in motor skill development.
14. Identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.

Physical Activity and Health

1. Describe and select physical activities that provide opportunities for enjoyment and challenge.
2. Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.
3. Participate in appropriate exercises for flexibility in shoulders, legs, and trunk;
4. Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.
5. Describe the benefits from involvement in daily physical activity such as feel better and sleep better.
6. Observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.
7. Locate the lungs and explain their purpose.
8. State that rest and sleep are important in caring for the body.
9. Use equipment and space properly.
10. Know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.
11. Explain how proper shoes and clothing promotes safe play and prevent injury.
12. Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard; and
13. Explain appropriate reactions during emergencies in physical activities.

Social Development

1. Respond appropriately to starting and stopping signals.
2. Demonstrate the ability to play within boundaries during games and activities.
3. Follow rules, procedures, and safe practices.
4. Work in a group setting in cooperation with others.
5. Share space and equipment with others.

THIRD

Movement

1. Travel forwards, sideways, and backwards and change direction quickly and safely in dynamic situations.
2. Demonstrate proper form and smooth transitions during combinations of fundamental locomotor and body control skills such as running and jumping safely in dynamic situations.
3. Demonstrate mature form in jogging, running, and leaping.
4. Demonstrate moving in and out of a balanced position with control.
5. Demonstrate proper body alignment in lifting, carrying, pushing, and pulling.

6. Demonstrate control and appropriate form such as curled position and protection of neck in rolling activities such as forward roll, shoulder roll, and safety rolls.
7. Transfer on and off equipment with good body control such as boxes, benches, stacked mats, horizontal bar, and balance beam.
8. Demonstrate various step patterns and combinations of movement in repeatable sequences.
9. Demonstrate key elements in manipulative skills such as underhand throw, overhand throw, catch and kick, such as position your side to the target.
10. Identify similar positions in a variety of movements such as straddle positions, ready position, and bending knees to absorb force.
11. Know that practice, attention, and effort are required to improve skills.

Physical Activity and Health

1. Describe and select physical activities that provide for enjoyment and challenge.
2. Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.
3. Participate in appropriate exercises for developing flexibility.
4. Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.
5. Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.
6. Describe the long term effects of physical activity on the heart.
7. Distinguish between aerobic and anaerobic activities.
8. Identify foods that increase or reduce bodily functions.
9. Identify principles of good posture and its impact on physical activity.
10. Use equipment safely and properly.
11. Select and use proper attire that promotes participation and prevents injury.
12. Identify and apply safety precautions when walking, jogging, and skating in the community such as use sidewalks, walk on the left side of street when facing traffic, wear lights/reflective clothing, and be considerate of other pedestrians.
13. Identify exercise precautions such as awareness of temperature and weather conditions and need for warm-up and cool-down activities.

Social Development

1. Identify components of games that can be modified to make the games and participants more successful.
2. Explain the importance of basic rules in games and activities.
3. Follow rules, procedures, and etiquette.
4. Persevere when not successful on the first try in learning movement skills.
5. Accept and respect differences and similarities in physical abilities of self and others.

FOURTH

Movement

1. Demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations.
2. Catch an object while traveling such as catch a football pass on the run.
3. Combine shapes, levels, pathways, and locomotor patterns smoothly into repeatable sequences.
4. Jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and extending.
5. Perform sequences that include traveling, showing good body control combined with stationary balances on various body parts.
6. Demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force.
7. Transfer weight along and over equipment with good body control.
8. Create a movement sequence with a beginning, middle, and end.
9. Travel into and out of a rope turned by others without hesitating.
10. Demonstrate key elements in manipulative skills such as volleying, hand dribble, foot dribble, punt, striking with body part, racquet, or bat.
11. Identify similar movement elements in sports skills such as underhand throwing and underhand volleyball serving.
12. Identify ways movement concepts such as time, space, effort, and relationships can be used to refine movement skills.
13. Make appropriate changes in performance based on feedback.
14. Describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump.

Physical Activity and Health

1. Describe and select physical activities that provide for enjoyment and challenge.
2. Name the components of health-related fitness such as strength, endurance, and flexibility.
3. Identify and demonstrate a variety of exercises that promote flexibility.
4. Improve flexibility in shoulders, trunk, and legs.
5. Participate in activities that develop and maintain muscular strength and endurance.
6. Identify opportunities for participation in physical activity in the community such as little league and parks and recreation.
7. Describe the effects of exercise on heart rate through the use of manual pulse checking or heart rate monitors.
8. Participate in moderate to vigorous physical activities on a daily basis.
9. Identify methods for measuring cardiovascular endurance, muscular strength and endurance, and flexibility.
10. Identify major muscle groups and the movements they cause.
11. Describe the relationship between food intake and physical activity such as calories consumed and calories expended.

12. Explain the link between physical activity/inactivity and health such as reduce stress and burn calories.
13. Explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release.
14. Describe the need for rest and sleep in recovering from exercise.
15. Identify sources of information on skill improvement, fitness, and health such as books and technology.
16. Use equipment safely and properly.
17. Select and use proper attire that promotes participation and prevents injury.
18. Describe and apply safety precautions when cycling and skating.
19. Identify potential risks associated with physical activities.

Social Development

1. Distinguish between compliance and noncompliance with rules and regulations.
2. Analyze potential risks associated with unsafe movement and improper use of equipment.
3. Follow rules, procedures, and etiquette.
4. Respond to winning and losing with dignity and understanding.
5. Work independently and stay on task.
6. Demonstrate effective communication, consideration, and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate.

FIFTH

Movement

1. Demonstrate appropriate use of levels in dynamic movement situations such as jumping high for a rebound and bending knees and lowering center of gravity when guarding an opponent.
2. Demonstrate smooth combinations of fundamental locomotor skills such as running and dodging and hop-step-jump.
3. Demonstrate attention to form, power, accuracy, and follow-through in performing movement skills.
4. Demonstrate controlled balance on a variety of objects such as balance board, stilts, scooters, and skates.
5. Demonstrate simple stunts that exhibit agility such as jumping challenges with proper landings.
6. Combine traveling and rolling with smooth transitions.
7. Combine weight transfer and balance on mats and equipment.
8. Demonstrate the ability to contrast a partner's movement.
9. Jump a rope using various rhythms and foot patterns repeatedly.

10. Demonstrate competence in manipulative skills in dynamic situations such as overhand throw, catch, shooting, hand dribble, foot dribble, kick, and striking activities such as hitting a softball.
11. Demonstrate combinations of locomotor and manipulative skills in complex and/or game-like situations such as pivoting and throwing, twisting and striking, and running and catching.
12. Identify common phases such as preparation, movement, follow through, or recovery in a variety of movement skills such as tennis serve, handstand, and free throw.
13. Identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency.
14. Choose appropriate drills/activities to enhance the learning of a specific skill.

Physical Activity and Health

1. Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness.
2. Identify appropriate personal fitness goals in each of the components of health-related fitness.
3. Explain the value of participation in community physical activities such as little league and parks and recreation.
4. Relate ways that aerobic exercise strengthens and improves the efficiency of the heart and lungs.
5. Self-monitor the heart rate during exercise.
6. Match different types of physical activity with health-related fitness components.
7. Define the principle of frequency, intensity, and time and describe how to incorporate these principles to improve fitness.
8. Describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing.
9. Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines.
10. Describe common skeletal problems and their effect on the body such as spinal curvatures.
11. Describe the changes that occur in the cardiorespiratory system as a result of smoking and how those changes affect the ability to perform physical activity.
12. Describe how movement and coordination are effected by alcohol and other drugs.
13. (se equipment safely and properly.
14. Select and use proper attire that promotes participation and prevents injury.
15. Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity.
16. Identify potentially dangerous exercises and their adverse effects on the body.

Social Development

1. Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as basic positions-goalie, offense, or defense.

2. Explain the concept and importance of team work.
3. Follow rules, procedures, and etiquette.
4. Use sportsmanship skills for settling disagreements in socially acceptable ways such as remaining calm, identifying the problem, listening to others, generating solutions, or choosing a solution that is acceptable to all.
5. Describe how physical activity with a partner or partners can increase motivation and enhance safety.