



Diocese of Altoona-Johnstown Elementary Curriculum

Physical Education PK-8th Grade

PLEASE NOTE:

The Physical Education Scope and Sequence is set up differently than other subjects. This is because these topics do not necessarily build upon each other. Therefore each subject can be taught over the course of several years. Our teachers will work together with their peers to make sure each topic is visited in every grade and will determine what lessons are appropriate for their students.



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PK - KINDERGARTEN

Intro to Physical Education

- Identify appropriate behaviors for participating with others in physical activity
- Understand that physical activity can be a channel for imagination, self-expression, and creativity
- Share space and equipment with others in a physical activity setting
- Respond appropriately to classroom and activity rules
- Stop activity when signaled to do so

Hand-Eye / Foot-Eye Coordination

- Performance to include skills such as:
 - bean bag toss
 - throwing
 - catching
 - juggling scarves
 - ball throw and catch (large and small)
 - throw and catch to self
 - throw to target
 - throw and catch with partner
 - balloon activities to include:
 - strike with body parts
 - balance on body
 - tracking balloon

Games

- Travel in space safely, cognizant of others around you
- Follow directions
- Understand how relay races work

Movement Education/Motor Development

- Skills include:
 - running
 - hopping
 - skipping
 - jumping
 - galloping
 - walking
 - starting/stopping on signal
 - parachute
 - circle games
 - personal space
 - creating groups- partner, small groups
 - balance
 - bending
 - stretching
 - shaking
- Rolls: log rolls and egg rolls
- Jumping activities using rope on floor
- Walk forwards, backwards
 - with eyes open
 - with eyes closed
- Hula hooping
- Spatial awareness
- Body awareness
- Demonstrate knowledge of rules, safety practices and procedures of specific activities



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FIRST GRADE – SECOND GRADE

Intro to Physical Education

- Identify appropriate behaviors for participating with others in physical activity
- Understand that physical activity can be a channel for imagination, self-expression, and creativity
- Share space and equipment with others in a physical activity setting
- Respond appropriately to classroom and activity rules
- Stop activity when signaled to do so

Hand-Eye / Foot-Eye Coordination

- Performance to include skills such as:
 - bean bag toss
 - throwing
 - catching
 - juggling scarves
 - ball throw and catch (large and small)
 - throw and catch to self
 - throw to target
 - throw and catch with partner
 - balloon activities to include:
 - strike with body parts
 - balance on body
 - tracking balloon

Games

- Travel in space safely, cognizant of others around you
- Follow directions
- Understand how relay races work
- Dodging, fleeing, and chasing
- Work in teams to improve communication and problem solving skills

Movement Education/Motor Development

- Skills include:
 - running
 - hopping
 - skipping
 - jumping
 - galloping
 - walking
 - starting/stopping on signal
 - parachute
 - circle games
 - personal space
 - traveling Safely
 - creating groups- partner, small groups
 - balance
 - bending
 - stretching
 - shaking
- Rolls: log rolls and egg rolls
- Jumping activities using rope on floor
- Walk forwards, backwards, –with eyes open, –with eyes closed
- Hula hooping
- Spatial awareness
- Body awareness
- Demonstrate knowledge of rules, safety practices and procedures of specific activities

Physical Fitness

- Sustain moderate physical activity for longer periods of time while in physical education and/or on the playground
- Strive to participate daily in some form of physical activity

Throwing and Catching

- Throwing at moving targets
- Catching with two hands



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THIRD GRADE – FIFTH GRADE

Dodging, Fleeing and Chasing

- Work to improve locomotive skills, such as run, skip, jump, hop
- Demonstrate evasive movements

Cooperative games

- Develop and refine balancing skills
- Improve communication skills, including verbal and non-verbal
- Develop problem solving and strategy skills
- Recognize and respect different ideas/opinions
- Differentiate between teammates and opponents

Nutrition

- Read and understand food labels and nutrition facts
- Differentiate between healthy and unhealthy foods
- Evaluate benefits of healthy food choices

Dribbling and Passing

- Maintain control during hand/foot dribbling while moving within a group
- Apply hand/eye and foot/eye coordination and spatial awareness to the skills of dribbling
- Maintain dribble/pass while being guarded by opponent
- Learn to pass/strike with accuracy and control toward a teammate

Throwing and Catching

- Work to develop the following skills:
 - throwing to a moving target
 - catching with two hands
 - throwing
 - catching
 - overhand throw
 - underhand throw
 - communication and conflict resolution skills

Fitness Testing

- Use proper technique while performing push-ups and sit-ups
- Use proper form while performing the v-sit
- Use proper running and breathing technique while running various distances
- Use proper balance and technique while performing the shuttle run (back and forth between two points, sometimes moving blocks or other objects from one point to the other, as fast as possible)

Team Sports

- Work with others to develop and hone skills, such as:
 - passing
 - shooting
 - dribbling
 - throwing/catching/striking
 - running
 - jumping
 - communication/listening



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SIXTH GRADE – EIGHTH GRADE

Fitness/Healthy Living

- Identify and explain activities that are designed to improve cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, such as:
 - running/jogging
 - skipping
 - jump rope
 - aerobics
 - yoga
 - push-ups
 - curl-ups/pull-ups
 - squats/lunges
 - variety of stretches

Team Sports

- Demonstrate a higher competency of skills, such as:
 - Throw a variety of objects demonstrating both accuracy and distance
 - Continuously strike various objects
 - Hand dribble and foot dribble
 - Hit a pitched ball
 - Catch a moving object
 - Hand-eye/hand-foot coordination
- Participate in a variety of sports, including:
 - soccer
 - basketball
 - volleyball
 - floor hockey
 - badminton
 - tennis
 - baseball/softball/wiffleball
 - Frisbee
 - dance
 - multi-cultural sports
- Explore game rules and regulations
- Develop game strategies

Individual Sports

- Demonstrate a higher competency of skills, such as:
 - striking with a long and short implement
 - hand-eye coordination
 - speed
 - balance
 - skipping rope
 - foot coordination/dribbling
- Participate in a variety of sports, including:
 - running
 - swimming
 - skipping rope
 - jogging
 - walking
 - hiking
 - climbing
 - golf
 - Frisbee golf



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All standards are derived from the following public resources:

- ❖ [Pennsylvania State Board of Education: Academic Standards for Health, Safety and Physical Education](#)