

Notre Dame Academy
Physical Education Curriculum
Kindergarten through 8th Grades
Adapted to California Adopted Standards

MOTOR SKILLS

Locomotor skills: walking, running, plyometrics

Non-locomotor skills: turning, twisting, balancing

Manipulative skills: throwing, catching, kicking

Rhythmic skills

3-8: Continuity and change in movement balance skills and changing speed and direction

4-8: Manipulating objects in and through space with accuracy and speed

FITNESS/HEALTH

Flexibility and muscular strength through exercises and warm-ups

Physical Fitness Components

Fitness concepts and health knowledge; 7-8 conceptualizing and analytical reasoning of body movement

5-8: Presidential Fitness Test identifying endurance, flexibility, strength and speed

SPORTSMANSHIP

Game Knowledge: rules and working with partners

Game Skills: patterns and strategies needed to perform a variety of physical activities as a group member

Teamwork: working as a team cooperatively to solve problems towards a common goal

Self-Awareness: responsibility, accountability, social interaction