

# Waverly Physical Education Curriculum K-4

## Kindergarten through 4<sup>th</sup> grade Physical Education Curriculum

	<b>The student will:</b>
Physical Fitness	Participate successfully in selected health-enhancing, lifelong physical activities.
	Develop and maintain healthy levels of cardio respiratory endurance.
	Develop and maintain healthy levels of muscular strength and endurance.
	Develop and maintain healthy levels of flexibility of selected joints of the body.
	Develop and maintain healthy levels of body composition.
Cognitive Concepts	Apply the concepts of body awareness, time, space, direction, and force to movement.
	Explain and apply the essential steps in learning motor skills.
	Describe the effects of activity and inactivity and formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.
Personal and Social Character Traits	Demonstrate appropriate behavior related to selected person/social character traits that commonly emerge in a physical activity contest and value physical activity and its contribution to lifelong health and wellbeing.
Motor Skills	Demonstrate selected fundamental loco motor skills. K-1: Hop, skip, gallop, throw, run 2: Catch, Strike, Foot Dribble, Kick 3-4: Hand Dribble, Jumping, Batting
	Demonstrate selected fundamental object control skills.
	Demonstrate selected postural, non-loco motor, and body control skills.
	Demonstrate selected fundamental rhythmical skills.