Assumption Physical Education Curriculum									
Understand how to keep themselves physically fit.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstate exercises and workouts in aerobic endurance, hamstring flexibility, abdominal									
muscular strength and endurance, and upper body muscular strength and endurance.									
Demonstrate mastery in the following locomotor skills, jumping, hopping, skipping, running									
side-stepping, galloping, sliding and leaping.									
Perform the following: stretches, balance skills, coffee grinder, mule kick, one leg balance									
reverse, partner pull up, double top, heel stand, squat thrust, long bridge, Chinese get up,									
inch worm, double lame dog, tangle foot, egg roll, squat jump, seat balance.									
Demonstrate exercises and workouts in flexibility, abdominal muscular strength and									
endurance and upper body muscular strength and endurance.									
Understand and demonstrate their level of physical fitness.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate their level of phyical fitness in the areas of aerobic endurance, hamstring flexibility,									
abdominal muscular strength and enduarance, and upper body muscular strength and									
endurance through physical fitness testing.									
Demonstrate fine and gross motor skills.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate how to perform locomotor skills: jumping, walking, skipping, hopping,									
running, leaping, sliding, galloping, side-stepping.									
Demonstrate how to perform nonlocomotor skills: bending, stretching, pushing,									
raising, lowering, twisting, turning, bouncing, circling.									
Demonstrate the following with a bean bag: throw to themselves and catch it,									
throw to another person, catch a bean bag tossed to them, balance a bag on									
various body parts, and propell a bean bag with various body parts.									
Demonstrate the following with a playground ball: rolling, catching, dribbling									
throwing, and bouncing.									
Demonstrate the following with a parachute: dome, team ball, popcorn, waves,									
pull parachute overhead and keep it high for others to run underneath, pull up the									
parachute and sit under it and pull up the parachute and lie down under it.									
Demonstrate the following on a scooter: move forward using their feet, move									
backward using their feet, move forward using hands while kneeling on scooter									
and move forward using hands while lying down on scooter.									
Demonstrate the following: log roll, alligator walk, puppy dog run, bear walk,									
bouncing ball, lame dog walk, heel click, crab walk, thread the needle, wring the dishrag,									
jump turns, one leg balance, heep slap, rabbit hop, and frog jump.									
Have an understanding of rhythm and movement.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate the ability to perform rhythmic movements and dance steps to music.									
Demonstrate their understanding of more advanced square dance moves.									
Exhibit good sportsmanship attitude.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate basic understandings of sportsmanship.									
Demonstrate good sportsmanship by following rules, showing honesty and playing fairly.									

Demonstrate knowldege of team sports & various individuals sports for life.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate how to play crab soccer, and scooter soccer.									
Explain and demonstrate the rules and skills needed to play the following: batman									
and batgirl, dodgeball, medic dodgeball, floor hockey, sunken battleship,									
cageball game, hot sock, toy story, beanbag tag, pathways, and 4 square dodgeball.									
Demonstrate the following skills needed to bowl, holding the ball, 4 step approach,									
release and follow through, scoring and ettiquette.									
Demonstrate knowledge of the rules by playing the following games: cageball game,									
dodgeball, medic dodgeball, cannonball dodgeball, Indian pin dodgeball, 4 square									
dodgeball, and sunken battleship.									
Demonstrate knowledge of the rules by playing the following games: dodgeball, batman and									
robin, medic dodgeball, 4 square dodgeball, Indian pin dodgeball, cageball game,									
crab soccer, circle dodgeball, and hot sock.									
Demonstrate the following skills needed to play volleyball: forearm pass, overhead pass,									
serving, spiking, blocking, and dig.									
Demonstrate basic knowledge of volleyball rules, basic positions, rotation, and scoring.									
Demonstrate with greater proficiency the following skills needed to play basketball: dribbling,									
chest pass, bounce pass, overhead pass, privoting, reverse dribble, free throws, right									
handed lay-up, left handed lay-up, jump shot, and defensive stance.									
Demonstrate the basic rules and scoring for playing singles and doubles in badminton.									
Demonstrate basic skills and rules for playing team handball.									
Demonstrate basic skills and rules for playing ultimate frisbee.									
Demonstrate basic skills and rules for playing eclipse ball.									
Assumption Physical Education Curriculum	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Demonstrate the following skills needed to speed stack- cup stacking									
correct way to hold cups and perform the 3 - 3 - 3 formation .									
3 - 6 - 3 formation, 1 - 10 - 1 formation, and the complete cycle.									
Demonstrate an appreciation for their own uniqueness.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Effectively use technology within PE.	**K**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Use overhead projector to teach bowling scoring procedures.									
Use DVD player, video recorder, and CD player to enhance PE lessons.									
Use pedometers to monitor student activities.									