

## **COURSE OF STUDY OUTLINE PHYSICAL EDUCATION**

### **I. PHYSICAL EDUCATION**

#### **A. Courses Offered**

1. Physical Education – Early Education -8, 10-12.
2. Fitness and Strength Grades 11-12

### **II. PHILOSOPHY OF PHYSICAL EDUCATION**

We believe that God places high value on human life (Gen. 1:26-27). Students should be trained in physical education, so that they may attain and enjoy complete physical (I Cor. 3:6), mental, emotional, social, and spiritual well being (Deut. 6:5).

We believe that students, in order to present their bodies (Matt. 22:37) as temples to God, should learn the principles of life-long exercise, movement and fitness. (I Cor. 3:16; I Cor. 2:12)

We also believe that physical education should develop the body in preparation for God's work. (Phil. 2:16)

### **III. MAJOR OBJECTIVES OF THE SUBJECT AREA**

- A. Recognize their uniqueness and how they fit into God's creation, and the role God has in their lives. (Psalm 139:14-16; Jer. 29:11)
- B. Understand the human body and how it functions (I Cor. 12:12-26)
- C. Condition the body to meet daily and emergency demands
- D. Develop proper attitudes in relation to personal physical care
- E. Move skillfully, effectively, and efficiently through exercises, games, drills, sports, rhythms, and gymnastics (I Cor. 10:31)
- F. Develop an interest in competitive, leisure, and/or recreational activities (II Tim. 4:7-8; II Tim. 2:5)
- G. Understand the nature of man's rules and expectations under God's authority as it relates to teacher, classroom, and fellow students. (II Tim. 2:5)

**Mansfield Christian School**  
**Early Education (Pre-K) - 12 Physical Education**  
**Curriculum Guide**

<b><u>Performance Scale Key</u></b> Introduced Developed Reinforced		<b><u>Instructional Method Key</u></b> Activities Experiment Field Trip Teacher Instruction Modeling Skill & Fitness Tests Individual Work Games Guest Speaker Cooperative Activities Role Play Teacher Observation Class Discussion Video Written Test					
<b>Standard</b>	<b>Indicator</b>	<b>Performance Scale</b>	<b>Time Frame</b>	<b>Instructional Method</b>	<b>Instructional Activities and Resources</b>	<b>Assessment of Learning</b>	<b>Biblical Integration</b>
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Perform fundamental locomotor skills / gross motor skills/activities (K-4)	Introduced Developed Reinforced	Weeks Ele 1-36  MS 1-18  HS 1-18	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Walk properly Run Hop Skip Gallop Jump Leap Slide Perform locomotor activities Perform locomotor skills within games Gross motor activities Gross motor games	Students will demonstrate knowledge of critical elements of basic locomotor movements.	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Perform manipulative skills (K-8, 10-12)	Introduced Developed Reinforced	Ele 12-36  MS 1-18  HS 1-18	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Throwing <ul style="list-style-type: none"> <li>• Throw overhand</li> <li>• Throw underhand</li> <li>• Throw side arm</li> </ul> Catching <ul style="list-style-type: none"> <li>• Catch when thrown by self</li> <li>• Catch with partner</li> </ul> Bouncing <ul style="list-style-type: none"> <li>• By self</li> <li>• With partner</li> <li>• Off fixed structure</li> </ul> Kicking <ul style="list-style-type: none"> <li>• Stationary</li> </ul>	Students will demonstrate knowledge of critical elements of fundamental manipulative skills	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2

					<ul style="list-style-type: none"> <li>Mobile Team Sports</li> </ul>		
Demonstrates understanding of movement concepts, principles, strategies and tactics <i>ODE STD #2</i>	Movement within space (K-8, 10-12)	Introduced Developed Reinforced	Ele 1-36  MS 1-18  HS 1-18	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Move within a variety of forces. Move within a variety of times. Move within a variety of speeds. Move within a variety of levels. Move within a variety of directions. Move within an awareness of space. <ul style="list-style-type: none"> <li>Others.</li> <li>Objects within environment.</li> </ul>	Students will demonstrate knowledge of movement concepts related to body, space, effort and relationships.	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Demonstrates understanding of movement concepts, principles, strategies and tactics <i>ODE STD #2</i>	Perform Parachute activities (K-3)	Introduced Developed Reinforced	Ele 30-36  MS  HS	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Rhythmic skills with parachute <ul style="list-style-type: none"> <li>Basic cooperative skills</li> <li>Student generated sequence</li> <li>Students will perform a variety of activities and games</li> </ul>	Students will demonstrate knowledge of critical elements of fundamental motor skills.	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Perform rhythmic skills / activities (K-3)	Introduced Developed Reinforced	Ele 1-36  MS  HS	Teacher Instruction Teacher Observation Modeling Activities	Use locomotor patterns to perform rhythmic activities. <ul style="list-style-type: none"> <li>Move with a variety of body parts.</li> <li>March to music.</li> <li>Develop sequence.</li> </ul>	Students will demonstrate locomotor and non-locomotor skills in a variety of ways.	Play, in contrast to athletic competition, has the sense of celebration, or of complete

				Skill Tests	<ul style="list-style-type: none"> <li>• Creative movement to music</li> </ul>		freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Demonstrates understanding of movement concepts, principles, strategies and tactics <i>ODE STD #2</i>	Perform jump rope skills / activities (1-6)	Introduced Developed Reinforced	Ele 20-24  MS  HS	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Introduce basic jump rope activities. <ul style="list-style-type: none"> <li>• Develop intermediate and advanced skills.</li> <li>• Partner activities.</li> <li>• Multiple student activities.</li> <li>• Develop sequence activity.</li> <li>• Community involvement.</li> <li>• American Heart Association.</li> </ul>	Students will combine locomotor and non-locomotor skills into movement patterns.	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Participate regularly in physical activity <i>ODE STD #3</i>	Perform roller skating skills and activities (1-6).	Introduced Developed Reinforced	Ele 16-20 MS HS	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Introduce roller skating safety. Develop and understand stopping and stationary position. Develop and understand forward and backward skating. Develop and understand turning skills Rhythmic and game activities.	Students will engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity.	Play, in contrast to athletic competition, has the sense of celebration, or of complete freedom and enjoyment. Zechariah 8:5 I Chron. 12:1-2
Demonstrate competency in motor skills and movement patterns <i>ODE STD #1</i>	Gymnastics (K-4, 7-8)	Introduced Developed Reinforced	Ele 24-26  MS 12-14	Teacher Instruction Teacher Observation Modeling Activities Skill Tests	Students will be aware of safety procedures for gymnastics. <ul style="list-style-type: none"> <li>• Students will perform rolling skills.</li> <li>• Students will perform balance skills</li> <li>• Static.</li> <li>• Dynamic.</li> </ul>	Students will combine locomotor and non-locomotor skills into movement patterns.  Demonstrate movement skills and patterns in a variety of activities.	Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5

			HS		<p>Students will perform weight bearing skills on hands and other body parts.</p> <p>Students will perform creative gymnastic movements.</p> <p>Students will develop their own routine.</p> <p>Students will perform and practice stretching and warm-up activities.</p> <p>Students will perform and create partner balance activities.</p> <ul style="list-style-type: none"> <li>• Counter-balance.</li> <li>• Counter-tension.</li> <li>• Symmetrical.</li> <li>• Asymmetrical.</li> </ul> <p>Students will perform a variety of jumping and landing skills.</p> <p>Students will perform vaulting lead up skills and basic vaults.</p>		
<p>Demonstrate competency in motor skills and movement patterns</p> <p><i>ODE STD #1</i></p>	Basketball (K-8, 10-12)	Introduced Developed Reinforced	<p>ELE 14-16</p> <p>MS 18-20</p> <p>HS 18-20</p>	<p>Teacher Instruction</p> <p>Teacher Observation</p> <p>Modeling</p> <p>Activities</p> <p>Skill Tests</p> <p>Games</p>	<p>Perform ball-handling skills.</p> <ul style="list-style-type: none"> <li>• Around a variety of body parts.</li> <li>• Combine with dribbling.</li> </ul> <p>Perform basic dribbling skills and strategies.</p> <ul style="list-style-type: none"> <li>• Left hand, right hand, alternate.</li> <li>• While performing locomotor skills.</li> <li>• While moving through obstacles</li> <li>• While working within low</li> </ul>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings.</p>	<p>Games and athletic competition provide many pictures of the Christian life.</p> <p>I Cor. 9:24-27</p> <p>Phil. 3:12-14</p> <p>II Tim. 2:5</p>

					<p>organized games.</p> <p>Perform basic passing skills.</p> <ul style="list-style-type: none"> <li>• In partner situations.</li> <li>• In group situations.</li> <li>• In low organized game and game situations.</li> </ul> <p>Perform shooting skills.</p> <ul style="list-style-type: none"> <li>• Lay-up shots – left and right sides.</li> <li>• Jump shots.</li> <li>• Set shots.</li> <li>• Foul shooting.</li> </ul> <p>Perform rebounding.</p> <ul style="list-style-type: none"> <li>• Effective timing and force.</li> </ul> <p>Perform and understand basic defensive movements.</p> <p>Man-to-man.</p> <ul style="list-style-type: none"> <li>• Zone.</li> </ul> <p>Participate in low organized games and game situations.</p> <ul style="list-style-type: none"> <li>• Show knowledge of strategies and rules of game.</li> <li>• offense</li> <li>• defense</li> </ul>		
Demonstrate competency in motor skills and movement patterns <i>ODE STD #1</i>	Volleyball (3-8, 10-12)	Introduced Developed Reinforced	Ele 12-14  MS 8-12 24-28	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	<p>Perform manipulative skills.</p> <p>Perform fundamental passing skills and strategies.</p> <ul style="list-style-type: none"> <li>• In partner situations.</li> <li>• In group situations.</li> <li>• In low organized games and game situations.</li> </ul> <p>Perform setting skills.</p> <ul style="list-style-type: none"> <li>• Individual</li> </ul>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life.</p> <p>I Cor. 9:24-27</p> <p>Phil. 3:12-14</p> <p>II Tim. 2:5</p>

			HS 8-12 24-28		<p>situations.</p> <ul style="list-style-type: none"> <li>• Partner situations.</li> </ul> <p>Perform correct serving skills.</p> <p>Develop proper attacking skills.</p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Develop proper approach with correct timing and force.</li> </ul> <p>Understand and perform positions, rotations, strategies and rules of the game.</p>		
Demonstrate competency in motor skills and movement patterns <i>ODE STD #1</i>	Football (5-8, 10-12)	Introduced Developed Reinforced	<p>Ele 10-12</p> <p>MS 5-7 26-30</p> <p>HS 5-7 26-30</p>	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	<p>Perform holding and carrying skills.</p> <p>Perform passing and receiving skills.</p> <ul style="list-style-type: none"> <li>• Follow specific pass patterns.</li> <li>• Develop own pass patterns.</li> <li>• While stationary.</li> <li>• While moving.</li> <li>• At a variety of distances.</li> </ul> <p>Perform hand-off skills.</p> <ul style="list-style-type: none"> <li>• To the left and right sides.</li> </ul> <p>Perform proper snapping skills.</p> <ul style="list-style-type: none"> <li>• Short and long distances.</li> </ul> <p>Perform punting strategies and skills.</p> <p>Perform and understand offensive rules and strategies.</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life.</p> <p>I Cor. 9:24-27</p> <p>Phil. 3:12-14</p> <p>II Tim. 2:5</p>

					Perform and understand defensive rules and strategies. Perform and understand basic positions and their responsibilities. <ul style="list-style-type: none"> <li>• Offense</li> <li>• Defense</li> </ul>		
Demonstrate competency in motor skills and movement patterns <i>ODE STD #1</i>	Soccer (K-8, 10-12)	Introduced Developed Reinforced	Ele 8-10  MS 6-8 30-32  HS 6-8 30-32	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Perform dribbling skills <ul style="list-style-type: none"> <li>• Use a variety of parts of feet.</li> <li>• Use a variety of speeds.</li> <li>• Use a variety of pathways.</li> </ul> Perform trapping and blocking skills and heading skills. <ul style="list-style-type: none"> <li>• Use a variety of parts of body.</li> <li>• Change directions.</li> <li>• Control movement of the ball.</li> </ul> Perform juggling skills. <ul style="list-style-type: none"> <li>• Use a variety of body parts.</li> <li>• Vary heights and levels.</li> </ul> Perform passing skills. <ul style="list-style-type: none"> <li>• Use both feet.</li> <li>• Use variety of parts of feet.</li> <li>• Individual passing against a wall.</li> <li>• Partner passing skills and strategies.</li> <li>• Group passing skills and strategies.</li> </ul> Perform throw-ins with	Students will demonstrate developing control of fundamental manipulative skills.  Students will demonstrate critical elements of specialized manipulative skills in a variety of settings	Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5



					<p>proper technique and strategies.</p> <p>Perform and understand shooting and scoring strategies.</p> <p>Perform goalie skills and understand goalie strategies and positioning.</p> <p>Perform and understand basic offensive and defensive movements.</p> <p>Participate in game-like and game situations.</p> <ul style="list-style-type: none"> <li>• Show knowledge of strategies.</li> <li>• Offense.</li> <li>• Defense.</li> <li>• Understand rules of the game</li> </ul>		
<p>Demonstrate competency in motor skills and movement patterns</p> <p><i>ODE STD #1</i></p>	Softball (5-8, 10-12)	<p>Introduced</p> <p>Developed</p> <p>Reinforced</p>	<p>ELE 30-32</p> <p>MS 22-24</p> <p>HS 22-24</p>	<p>Teacher Instruction</p> <p>Teacher Observation</p> <p>Modeling Activities</p> <p>Skill Tests</p> <p>Games</p>	<p>Perform proper fielding and catching techniques.</p> <ul style="list-style-type: none"> <li>• Variety of levels.</li> <li>• Variety of speeds.</li> <li>• Develop movement in a variety of directions.</li> </ul> <p>Perform proper throwing techniques.</p> <ul style="list-style-type: none"> <li>• Make judgement on force and speed and distance.</li> <li>• Underhand</li> <li>• Overhand</li> <li>• Sidearm</li> </ul> <p>Develop base running skills.</p> <ul style="list-style-type: none"> <li>• Understand base running strategies.</li> </ul> <p>Develop hitting skills.</p> <ul style="list-style-type: none"> <li>• Understand grip and</li> </ul>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life.</p> <p>I Cor. 9:24-27</p> <p>Phil. 3:12-14</p> <p>II Tim. 2:5</p>

					<p>proper positioning of bat.</p> <ul style="list-style-type: none"> <li>• Hit pitched or stationary ball with different forces and in different directions. – Strike zone.</li> <li>• Understand basic mechanics of hitting.</li> <li>• Participate in low organized games and game situations</li> </ul> <p>Understand rules of game. Understand offensive and defensive strategies Infield and outfield positions.</p>		
<p>Demonstrate competency in motor skills and movement patterns <i>ODE STD #1</i></p>	<p>Floor / Field Hockey (4-8, 10-12).</p>	<p>Introduced Developed Reinforced</p>	<p>Ele 24-26</p> <p>MS 10-12</p> <p>HS 10-12</p>	<p>Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games</p>	<p>Show proper grip and carry of the stick. Perform dribbling drills</p> <ul style="list-style-type: none"> <li>• Control dribble</li> <li>• Loose dribble</li> </ul> <p>Perform accuracy and demonstrate a variety of speeds. Perform passing skills.</p> <ul style="list-style-type: none"> <li>• Partner drills.</li> <li>• Group drills.</li> <li>• Demonstrate accuracy and speed.</li> </ul> <p>Demonstrate leading passes.</p> <ul style="list-style-type: none"> <li>• Perform scoring skills.</li> <li>• From a variety of positions and distances.</li> </ul> <p>Develop a variety of shots.</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5</p>

					<p>Participate in game and game like situations. Show knowledge of strategies.</p> <ul style="list-style-type: none"> <li>• Offensive strategies.</li> <li>• Defensive strategies.</li> </ul> <p>Understand rules of the game</p>		
<p>Demonstrate competency in motor skills and movement patterns</p> <p><i>ODE STD #1</i></p>	<p>Track and Field Activities (1-6).</p>	<p>Introduced Developed Reinforced</p>	<p>Ele 1-36</p> <p>MS 34-46</p> <p>HS</p>	<p>Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games</p>	<p>Perform running at a variety of distances.</p> <ul style="list-style-type: none"> <li>• Dashes or sprints</li> <li>• Distance running</li> <li>• Understand proper pacing.</li> </ul> <p>Relays.</p> <ul style="list-style-type: none"> <li>• Perform hurdling skills.</li> <li>• Perform long jump skills.</li> <li>• Standing broad jump.</li> <li>• Running broad jump.</li> </ul> <p>Understand rules governing each event.</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5</p>
<p>Demonstrates competency in motor skills and movement patterns</p> <p><i>ODE STD #1</i></p>	<p>Striking with an Implement Sports and Activities (3<sup>rd</sup>, 7&amp;8, 10-12).</p>	<p>Introduced Developed Reinforced</p>	<p>Ele 1-36</p> <p>MS 1-36</p>	<p>Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games</p>	<p>Perform correct grips. Perform correct strokes.</p> <ul style="list-style-type: none"> <li>• Ground strokes.</li> <li>• Lobs, volleys, overheads, and half volleys.</li> </ul> <p>Spins.</p> <ul style="list-style-type: none"> <li>• Top spin.</li> <li>• Back spin.</li> </ul> <p>Perform correct serves. Understand technique and mechanics.</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5</p>

			HS 1-36		<p>Understand and demonstrate spins. Understand ball placement. Participate in game and game-like situations.</p> <ul style="list-style-type: none"> <li>• Show knowledge of rules of the game.</li> <li>• Show knowledge of strategies involved in the game.</li> <li>• Offensive.</li> <li>• Defensive.</li> </ul> <p>Perform in single situations and doubles situations</p>		
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Bowling (K and 10-12).	Introduced Developed Reinforced	<p>Ele 28-30</p> <p>MS</p> <p>HS 12-13</p>	<p>Teacher Instruction Teacher Observation Modeling Activities Skill Tests Field Trips</p>	<p>Perform proper ball holding grip. Perform proper technique for stance and delivery. Perform correct footwork. Perform correct release and follow-through. Understand aiming concepts. Perform and understand scoring (10-12). Participate in game and game-like situations. Bowling Field Trip</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5</p>
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Golf (7-8, 10-12)	Introduced Developed Reinforced	<p>MS 1-3</p> <p>HS 1-3</p>	<p>Teacher Instruction Teacher Observation Modeling Activities Skill Tests Field Trips</p>	<p>Perform proper technique in executing the basic golf swing and specialized shots.</p> <ul style="list-style-type: none"> <li>• Demonstrate proper grips.</li> <li>• Demonstrate proper stances.</li> <li>• Demonstrate proper swings.</li> </ul> <p>Perform and understand tempo and rhythm.</p>	<p>Students will demonstrate developing control of fundamental manipulative skills.</p> <p>Students will demonstrate critical elements of specialized manipulative skills in a variety of settings</p>	<p>Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5</p>

					Perform and understand addressing the ball. Perform and understand backswing. Perform and understand downswing. Perform and understand follow through Perform and understand putting skills and techniques. Understand and be knowledgeable in the selection of proper equipment and in the uses for each club. Understand scoring and terminology for basic golf. Demonstrate and show proper etiquette. Kelly's Driving Range Field Trip		
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Lacrosse (4 <sup>th</sup> ).	Introduced Developed Reinforced	HS 32-34	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Games	Demonstrate basic lacrosse skills of cradling, catching, throwing, scooping and scoring. <ul style="list-style-type: none"> <li>• Understand the grip of the stick</li> <li>• Understand offense.</li> <li>• Understand defense.</li> </ul> Participate in game-like situations.	Students will demonstrate developing control of fundamental manipulative skills.  Students will demonstrate critical elements of specialized manipulative skills in a variety of settings	Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5
Demonstrates competency in motor skills and movement patterns <i>ODE STD #1</i>	Low Organized Activities (K-8, 10-12).	Introduced Developed Reinforced	Ele 1-36  MS 1-36	Teacher Instruction Teacher Observation Modeling Activities Skill Tests	Perform and participate in a variety of activities and low organized games. <ul style="list-style-type: none"> <li>• Understand rules for each activity.</li> <li>• Understand strategies for each activity.</li> </ul>	Students will demonstrate developing control of fundamental manipulative skills.  Students will demonstrate critical	Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14

			HS 1-36		<ul style="list-style-type: none"> <li>• Offense.</li> <li>• Defense.</li> <li>• Understand and demonstrate co-operation with teammates and teacher referee.</li> </ul> <p>Move skillfully in a variety of positions.</p> <ul style="list-style-type: none"> <li>• Scooters.</li> <li>• Whiffle ball.</li> <li>• Dodgeball.</li> <li>• Kickball.</li> <li>• Newcombe.</li> <li>• Team handball.</li> <li>• Foursquare.</li> <li>• Juggling.</li> <li>• Speedball.</li> <li>• Frisbee activities.</li> </ul> <p>Perceptual motor stations</p>	elements of specialized manipulative skills in a variety of settings	II Tim. 2:5 I Chron. 12:1-7
Exhibits responsible personal behavior and social behavior that respects self and others in physical activities <i>ODE STD #5</i>	Cooperative Activities(K-12)  MCS Survivor Unit (10)	Introduced Developed Reinforced	Ele 1-36  MS 1-36  HS 18-20	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Cooperative Activities	<p>Extend, refine and apply their social skills during different types of physical challenges. Apply proper techniques for locomotor, non-locomotor and manipulative skills to a variety of cooperative activities.</p> <ul style="list-style-type: none"> <li>• Experience a variety of cooperative games and activities.</li> <li>• Describe cooperative skills and gives examples.</li> </ul> <p>Willing to take leadership role and/or follower role for the benefit of the team.</p>	Students will know and follow procedures and safe practices, display responsible behavior, and demonstrate leadership in physical activity settings.	Games and athletic competition provide many pictures of the Christian life. I Cor. 9:24-27 Phil. 3:12-14 II Tim. 2:5 God sets standards for our activities that are distinct from those of the secular world. Psalm 147:10-11 Rom. 13:14 Phil. 4:8 I Cor. 15:33

Achieves and maintains a health-enhancing level of physical fitness <i>ODE STD #4</i>	Weight Training(7-12)	Introduced Developed Reinforced	MS 1-36  HS 1-36	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Fitness Tests	Understand the fundamentals of weight training and isometric exercises. <ul style="list-style-type: none"> <li>Identify the difference between muscular, strength and muscular endurance.</li> <li>Recognize the different types of weight equipment and demonstrate the proper use of each</li> <li>Free weights</li> <li>Universal weights</li> <li>Be aware of and demonstrate safety while performing weight-training drills.</li> </ul>	Students will understand and apply the principles, components and practices of health-related and skill-related fitness.	The Value of physical achievement and fitness is implied in Scripture. Joshua 14:10-12 Prov. 31:17 Isaiah 40:31 II Tim. 2:5
Achieves and maintains a health-enhancing level of physical fitness <i>ODE STD #4</i>	Fitness Activities(K-12)	Introduced Developed Reinforced	Ele 1-36  MS 1-36  HS 1-36	Teacher Instruction Teacher Observation Modeling Activities Skill Tests Fitness Tests Videos Games	Understand and participate in the five aspects of health-related fitness. <ul style="list-style-type: none"> <li>Cardio-respiratory</li> <li>Flexibility</li> <li>Body Composition</li> <li>Muscular Strength</li> <li>Muscular Endurance</li> </ul> Understand and demonstrate the aspects of skill-related fitness. <ul style="list-style-type: none"> <li>Speed</li> <li>Agility</li> <li>Power</li> <li>Reaction Time</li> <li>Coordination</li> <li>Balance</li> </ul>	Students will understand and apply the principles, components and practices of health-related and skill-related fitness.	The Value of physical achievement and fitness is implied in Scripture. Joshua 14:10-12 Prov. 31:17 Isaiah 40:31 II Tim. 2:5

					<p>Understand the need for warm-up and cool down activities.</p> <p>Properly perform warm-up and cool down activities</p> <ul style="list-style-type: none"><li>• speed</li><li>• mechanics</li></ul> <p>Workout Videos</p>		
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<i>MCS Physical Education</i>	<i>EE</i>	<i>K</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>
<b>A. Perform fundamental locomotor skills / activities.</b>														
1. Walk properly.	I	I	D	D	R									
2. Run properly.	I	I	D	D	R									
3. Hop properly.	I	I	D	D	R									
4. Skip properly.	I	I	D	D	R									
5. Gallop properly.	I	I	D	D	R									
6. Jump properly.	I	I	D	D	D	R								
7. Leap properly.	I	I	D	D	D	R								
8. Slide properly.	I	I	D	D	D	R								
9. Perform locomotor activities.	I	I	D	D	D	R	R	R						
10. Perform locomotor skills within games.	I	I	D	D	D	R	R	R	R	R		R	R	R
<b>B. Perform fundamental gross motor skills / activities.</b>														
1. Throw overhand properly.	I	I	D	D	D	R	R	R	R	R				
2. Perform underhand throw properly.	I	I	D	D	D	D	R	R	R	R				
3. Perform sidearm throw properly.			I	D	D	R								
4. Toss and catch by oneself properly.	I	I	D	D	R	R	R	R	R	R				
5. Catch and toss with a partner properly.	I	I	D	D	D	R	R	R	R	R				
6. Demonstrate kicking of a stationary object.	I	I	D	D	D	R	R	R						
7. Demonstrate kicking of an object in motion.	I	I	D	D	D	R	R	R						
8. Perform gross motor activities.	I	I	D	D	D	D	R	R	R					
9. Perform gross motor skills within games.	I	I	D	D	D	R	R	R	R	R		R	R	R
10. Perform gross motor skills within team sports.	I	I	D	D	R	R	R	R	R	R		R	R	R
<b>C. Movement within space.</b>														
1. Move within a variety of forces.	I	I	D	D	D	R	R	R	R	R		R	R	R
2. Move within a	I	I	D	D	D	R	R							

variety of times.														
3. Move within a variety of speeds.	I	I	D	D	D	R								
4. Move within a variety of levels.	I	I	D	D	R									
5. Move within a variety of directions.	I	I	D	D	D	R								
6. Move with an awareness of space.	I	I	D	D	R	R								
7. Move with an awareness of others.	I	I	D	D	D	R	R	R						
8. Move with an awareness of objects in the environment.	I	I	D	D	D	D	R	R						
D. Perform Parachute activities.	I	I	D	D	R	R								
1. Move within a variety of forces, times, speeds, levels, and directions.	I	I	D	D	D	R	R							
2. Perform rhythmic skills.	I	I	D	D	D	R	R	R						
3. Demonstrate basic cooperation.	I	I	D	D	D	R	R	R	R	R				
4. Perform a variety of activities and games.	I	I	D	D	D	D	D	D	D	D		R	R	R
5. Develop student generated sequence.	I	I	D	D	D	D	R	R	R	R				
E. Perform rhythmic skills / activities	I	I	D	D	D	D	D	R						
1. Demonstrate locomotor patterns within rhythmic activities.	I	I	D	D	D	R	R	R						
2. Demonstrate and move with and on a variety of body parts.	I	I	D	D	D	R	R							
3. March to music.	I	I	D	D	R									
4. Demonstrate a developed sequence.	I	I	D	D	D	D	R	R						
5. Perform creative movement to music.	I	I	D	D	R	R	R	R						
F. Perform jump rope skills / activities.	I	I	D	D	D	D	R	R						
1. Perform basic jump	I	I		D	D	D	R	R						

rope activities.														
2. Perform intermediate and advanced jump rope skills.					I	D	R	R	R	R				
3. Perform partner jump rope activities.					I	D	D	R	R	R				
4. Perform multiple student jump rope activities.					I	R	R	R	R	R				
5. Develop a jump rope sequence.						I	R	R	R	R				
6. Students will be involved in their community American Heart Association.						I	R	R						
G. Perform roller skating skills and activities.			I	D	D	R	R	R						
1. Demonstrate roller skating safety.			I	D	D	R	R	R						
2. Develop and understand stopping and stationary position.			I	D	D	R	R	R						
3. Develop and understand forward and backward skating.					I	D	D	R						
4. Develop and understand turning skills.					I	D	D	R						
5. Perform rhythmic and game activities.					I	D	D	R						
H. Gymnastics.														
1. Demonstrate an awareness of safety procedures.	I	I	D	D	D	R	R							
2. Perform rolling skills.	I	I	D	D	R	R								
3. Perform static balance skills.	I	I	D	D	D	D	R	R						
4. Perform dynamic balance skills.	I	I	D	D	D	R	R	R						
5. Perform weight bearing skills on	I	I	D	D	D	D	R	R	R	R				

hands and other body parts.														
6. Perform creative gymnastic movements.	I	I	D	D	D	D	D	D	R	R				
7. Develop an original routine.						I	D	D	R	R				
8. Perform and practice stretching and warm up activities.	I	I	D	D	D	D	D	R	R	R				
9. Perform partner balance activities.					I	D	D	R	R					
10. Perform lead up and basic vaults.							I	D	R					
11. Perform a variety of jumping and landing skills.						I	D	D	R	R				
I. Basketball.														
1. 1. Perform ball-handling skills.			I	D	D	D	D	D	R	R		R	R	R
2. Perform basic dribbling skills and strategies.				I	D	D	D	D	R	R		R	R	R
3. Perform basic passing skills and strategies.					I	D	D	D	R	R		R	R	R
4. Perform shooting skills and strategies.					I	D	D	D	D	D		R	R	R
5. Perform rebounding skills.							I	D	D	D		R	R	R
6. Perform and understand basic defensive movements.										I		D		
7. Perform in low organized games and game situations.			I	D	D	D	R							
8. Demonstrate knowledge of offense and defense.				I	D	D	D	D	R	R				
J. Volleyball.														
1. Perform manipulative skills.					I	D	D	R						
2. Perform fundamental passing						I	D	D	R	R		R	R	R

skills and strategies.														
3. Perform setting skills and strategies.							I	D	D	D		R	R	R
4. Perform correct serving skills.						I	D	D	D	R		R	R	R
5. Develop proper attacking skills.									I	D		D	R	R
6. Understand and perform positions, rotations, strategies, and rules of the game.									I	D		D	R	R
K. Football.														
1. Perform holding and carrying skills.							I	D	D	D		R	R	R
2. Perform passing and receiving skills.							I	D	D	D		R	R	R
3. Perform hand-off skills.							I	D	D	D		R	R	R
4. Demonstrate proper snapping skills.									I	D		D	D	R
5. Perform punting strategies and skills.									I	D		D	R	R
6. Perform and understand offensive rules and strategies.									I	D		D	R	R
7. Perform and understand defensive rules and strategies.									I	D		D	R	R
8. Demonstrate and understand basic positions and their responsibilities.									I	D		D	R	R
L. Soccer.														
1. Perform dribbling skills				I	D	D	D	R	R	R				
2. Demonstrate trapping and blocking skills.					I	D	D	D	R	R				
3. Demonstrate heading skills.						I	D	D	D	R				

4. Perform juggling skills.				I	D	D	D	R	R	R				
5. Perform passing skills and strategies.				I	D	D	D	D	R	R				
6. Perform throw-ins with proper technique and strategies.					I	D	D	R	R	R				
7. Perform and understand shooting and scoring strategies.					I	D	D	R	R	R				
8. Perform goalie skills and understand goalie strategies and positioning.					I	D	D	R	R	R				
9. Perform and understand basic offensive and defensive movements.						I	D	D	R	R				
10. Participate in game-like and game situations.						I	D	D	R	R				
11. Understand rules of the game.					I	D	D	R	R	R				
M. Softball.														
1. Perform proper fielding and catching techniques.								I	D	D		D	R	R
2. Perform proper throwing techniques.						I	D	D	D	R		R	R	R
3. Develop base running skills.								I	D	D		R	R	R
4. Develop hitting skills and strategies.						I	D	D	D	R		R	R	R
5. Participate in low-organized games and game situations.					I	D	D	D	R	R				
6. Understand offensive and defensive strategies and positions.									I	D		R	R	R
7. Understand rules of the game.							I	D	R	R		R	R	R
N. Floor / Field Hockey.														

1. Show proper grip and carry of the stick.						I	D	D	D	R		R	R	R
2. Perform dribbling drills.						I	D	D	D	R		R	R	R
3. Perform passing skills.						I	D	D	D	R		R	R	R
4. Perform scoring skills.						I	D	D	D	R		R	R	R
5. Participate in game and game like situations.						I	D	D	D	R		R	R	R
O. Track and Field Activities.														
1. Perform running at a variety of distances.			I	D	D	D	R	R	R	R		R	R	R
2. Perform hurdling skills.							I	D	D	D		R	R	R
3. Perform long jump skills.						I	D	D	R	R		R	R	R
4. Understand rules governing each event.						I	D	D	D	R		R	R	R
P. Striking with an Implement Sports and Activities.														
1. Perform correct grips.						I	D	D	D	R		R	R	R
2. Perform correct strokes.							I	D	D	R		R	R	R
3. Perform correct serves.								I	D	D		R	R	R
4. Participate in game and game-like situations.								I	D	D		R	R	R
Q. Bowling.														
1. Perform proper ball holding grip.						I	D	D	R	R				
2. Perform proper technique for stance and delivery.							I	D	R	R				
3. Perform and understand scoring.									I	D		R		
4. Participate in game														

and game-like situations.						I	D	D	D	R		R	R	R
<b>R. Golf.</b>														
1. Perform proper technique in executing the basic golf swing.												I	D	
2. Perform proper technique in executing specialized shots.												I	D	
3. Understand and be knowledgeable in the selection of proper equipment and in the uses for each club.												I	D	
4. Understand scoring and terminology for basic golf.												I	D	
<b>S. Lacrosse.</b>														
1. Demonstrate basic lacrosse skills of cradling, catching, throwing, scooping, and scoring.												I	D	
2. Participate in game-like situations.												I	D	
<b>T. Low Organized Activities.</b>														
1. Perform and participate in a variety of activities and low organized games.			I	D	D	D	R							
2. Understand rules and strategies and move skillfully with scooters.		I	D	D	R	R	R							
3. Understand rules and strategies and move skillfully while participating in whiffle ball.						I	D	D	R	R		R	R	R
4. Understand rules and strategies and move skillfully while participating in						I	D	D	R	R		R	R	R



dodgeball.													
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<b>5. Understand rules and strategies and move skillfully while participating in kickball.</b>			I	D	D	R	R	R						
<b>6. Understand rules and strategies and move skillfully while participating in newcombe.</b>					I	D	R							
<b>7. Understand rules and strategies and move skillfully while participating in team handball.</b>						I	D	D	D	R		R	R	R
<b>8. Understand rules and strategies and move skillfully while participating in foursquare.</b>				I	D	D	R	R						
<b>9. Understand techniques for juggling.</b>							I	D	R	R				
<b>10. Understand rules and strategies and move skillfully while participating in speedball.</b>						I	D	D	D	R		R	R	R
<b>11. Understand techniques and rules for frisbee activities.</b>						I	D	D	R	R				
<b>12. Move skillfully through perceptual motor stations.</b>			I	D	D	R	R	R	R	R				