



Cincinnati Hills Christian Academy Armleder School – Physical Education Grades K – 6 Scope and Sequence

Vision: Above all, physical education at CHCA reflects the high value God places on human life and the respect we have for each person in God's community. Activities offer opportunities for spiritual growth where students are encouraged to explore how Christ would react. CHCA physical education helps students develop in cognitive, psychomotor, affective, and spiritual domains. The program and teaching faculty provide an environment that recognizes individual potential and encourages leadership and participation. Students grow in an understanding of rules, safety, and strategies of games and activities and develop skills and abilities through participation in a variety of team and individual activities. Physical Education incorporates the importance of health-enhancing, lifelong fitness. Students use their God-given gifts to engage in teamwork, individual achievement and physical fitness activities equipping them with a sense of self-esteem and sportsmanship to participate in a diverse society.

Standards: What a CHCA student will know and be able to do in **Physical Education:** ●Exhibit responsible personal, social, cooperative, and Christ-centered behavior that respects self and others in physical activity settings. ●Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. ●Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. ●Participate regularly in and understand the costs and benefits of health-enhancing physical activities. ●Achieve and maintain a health-enhancing level of physical fitness. ●Engage in physical activity as it provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Kindergarten Topics: Students apply movement concepts and principles to learn and develop motor skills. Cooperative behavior and the ability to use combined movement skills and strategies in recreation and leisure sports is encouraged. Responsible personal, social, and Christian behavior in physical activity is expected. Students are taught the importance of achieving and maintaining a health-enhancing level of physical fitness.

Grades 1 & 2 Topics: *Football skills:* punt, kick, pass, throw, catch, run, guard, hike, pass defense; *Soccer skills:* conditioning, trap, ball stealing, pass; *Fitness:* Jumping rope, introduction to heart rate; *Basketball skills:* shoot, steal; *Volleyball skills:* serve, set, bump; *Parachute Play:* team work, hand/eye coordination, following directions; *Baseball:* bat/field; *Bowling skills:* bowl for accuracy. *Hockey Skills:* dribble, shoot, pass, hand/eye coordination.

Grade 3 Topics: *Teambuilding:* creating fair teams, strategy in game play and games that promote whole class participation; *Football skills:* defensive play, kick, exercise, defensive coverage; *Soccer skills:* block, kick for accuracy; *Fitness and Nutrition:* games that strengthen our hearts and the foods that fuel our bodies; *Basketball skills:* guard, pivot; *Hockey skills:* shoot, goalie play; *Volleyball skills:* over/underhand volley, court position; *Baseball skills:* base-stealing; *Bowling skills:* bowling, scorekeeping. *Hockey Skills:* dribble, shoot, pass, hand/eye coordination.

Grade 4 Topics: *Individual activities:* Presidential physical fitness testing; circuit training: strength, flexibility and cardiovascular exercises; *Dance:* History of dance and how it has evolved; *Yoga:* flexibility, strength, relaxation, concentration. *Cooperative Games:* Initiatives, cooperation, team building, trust, and Christ-like behavior. *Team Building:* creating fair teams, strategy in game play and games that promote whole class participation; *Team Sports:* Volleyball and softball skills, rules, game play; *Football skills:* defensive play, kick,



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exercise, defensive coverage; *Soccer skills*: block, kick for accuracy; *Fitness and Nutrition*: games that strengthen hearts and foods that fuel bodies; *Basketball skills*: guard, pivot; *Hockey skills*: shoot, goalie play; *Volleyball skills*: dribble, shoot, pass, hand/eye coordination. *Baseball Skills*: base stealing; *Bowling skills*: bowling, score keeping. *Hockey skills*: dribble, shoot, pass, hand/eye coordination Rules and knowledge of game play for sports listed.

Grades 5 & 6 Topics: *Individual activities*: Presidential physical fitness testing; circuit training: strength, flexibility and cardiovascular exercises; *Dance*: History of dance and how it has evolved; *Yoga*: flexibility, strength, relaxation, concentration. *Cooperative Games*: Initiatives, cooperation, team building, trust, and Christ-like behavior. *Team Building*: creating fair teams, strategy in game play and games that promote whole class participation. *Team Sports*: *Volleyball* and *softball*: skills, rules, game play. *Football skills*: defensive play, kick, exercise, defensive coverage; *Soccer skills*: block, kick for accuracy; *Fitness and Nutrition*: games that strengthen hearts and foods that fuel bodies; *Basketball skills*: guard, pivot; *Hockey skills*: shoot, goalie play; *Volleyball skills*: over/under hand volley, court position; *Baseball Skills*: base stealing; *Bowling skills*: bowling, score keeping. *Hockey skills*: dribble, shoot, pass, hand/eye coordination. Rules and knowledge of game play for sports listed.