

PHYSICAL EDUCATION CURRICULUM

PHILOSOPHY

Physical education is an integral component of total Catholic education. To lead a productive life, students must be physically fit and understand the importance of maintaining physical fitness. Students develop skills and behaviors that enable them to participate in co-operative games, learn to practice socially acceptable behaviors, and respect diversity. Physical activities offer an opportunity for students to attain success and self-esteem in a positive manner. Through Physical Education a student can appreciate that sound development of the mind and body are ways of becoming a happy fulfilled child of God.

INTRODUCTION

The curriculum is intended for use in all Catholic elementary schools in the Diocese of Raleigh. It is the framework for instruction that should assist teachers in identifying and implementing the appropriate instructional methodology for grades K through 8. This document is a summary of physical education objectives.

Key to summary format:

Strands are the components, or areas of specific focus in each curriculum area. In the revised content areas each strand is aligned to competencies identified in the North Carolina Standard Course of Study and National Standards.

Values and Attitudes highlight key issues that will enable students to develop a critical conscience in each content area. These are not necessarily quantifiable but rather identified in a student's respect toward the content area.

Objectives are the concepts that detail what a student should know and apply within each strand. Objectives are classified by the strand letter followed by the objective number, i.e., A.1 is Strand A, Objective 1.

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PHYSICAL EDUCATION Kindergarten

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

- A.1 Use a variety of basic locomotor movements
- A.2 Use a variety of basic non-loco-motor skills
- A.3 Use a variety of basic object control skills
- A.4 Use simple combinations of fundamental movement skills
- A.5 Use control in weight-bearing activities on a variety of body parts
- A.6 Use control in balance activities on a variety of body parts
- A.7 Use control in travel activities on a variety of body parts
- A.8 Use smooth transitions between sequential motor skills
- A.9 Use locomotor skills in rhythmical patterns

Kindergarten

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

- B.1 Understand a vocabulary of basic movement concepts
- B.2 Understand terms that describe a variety of relationships with objects

B.3 Use concepts of space awareness and movement control with a variety of basic skills while interacting with others

B.4 Understand the critical elements of a variety of basic movement patterns with emerging object control

B.5 Use feedback to improve performance

B.6 Demonstrate knowledge of the fundamental rules and safety concepts

Kindergarten

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Understand the health benefits of physical activity

C.2 Understand opportunity for enjoyment, challenge and self-expression

Kindergarten

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in basic activities that cause cardio-respiratory exertion

D.2 Know how to measure cardio-respiratory fitness

D.3 Recognize physiological indicators that accompany moderate to vigorous physical activity

D.4 Engage in activities that require flexibility

D.5 Know factors that affect fitness

Kindergarten

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is imperative in physical activity

OBJECTIVES

E.1 Follow rules and procedures with little reinforcement

E.2 Use equipment and space safely and properly

E.3 Understand the purpose of rules in games

E.4 Understand the social contributions of physical activity

E.5 Understand the elements of socially acceptable conflict resolution in physical activity settings

E.6 Understand the importance of playing, cooperating, and respecting others regardless of personal differences during physical activity

PHYSICAL EDUCATION

Grade 1

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others
Gain competence in lifetime activities

OBJECTIVES

A.1 Use a variety of basic locomotor movements

A.2 Use a variety of basic non-loco-motor skills

A.3 Use a variety of basic object control skills

A.4 Use simple combinations of fundamental movement skills

A.5 Use control in weight-bearing activities on a variety of body parts

A.6 Use control in balance activities on a variety of body parts

A.7 Use control in travel activities on a variety of body parts

A.8 Use smooth transitions between sequential motor skills

A.9 Use locomotor skills in rhythmical patterns

Grade 1
DIOCESAN STRAND B Games and Sports
NATIONAL STANDARD 2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Understand a vocabulary of basic movement concepts

B.2 Understand terms that describe a variety of relationships with objects

B.3 Use concepts of space awareness and movement control with a variety of basic skills while interacting with others

B.4 Understand the critical elements of a variety of basic movement patterns

B.5 Use feedback to improve performance

B.6 Demonstrate knowledge of the fundamental rules and safety concepts

Grade 1
DIOCESAN STRAND C Personal Development
NATIONAL STANDARD 3 Participate regularly in physical activity.
NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Understand the health benefits of physical activity

C.2 Understand opportunity for enjoyment, challenge and self-expression in physical activity

Grade 1

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

- D.1 Engage in basic activities that cause cardio-respiratory exertion
- D.2 Know how to measure cardio-respiratory fitness
- D.3 Recognize physiological indicators that accompany moderate to vigorous physical activity
- D.4 Engage in activities that require flexibility
- D.5 Know factors that affect fitness
- D.6 Engage in activities that develop muscular strength and endurance

Grade 1

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

- E.1 Follow rules and procedures with little reinforcement
- E.2 Use equipment and space safely and properly
- E.3 Understand the purpose of rules in games
- E.4 Understand the social contributions of physical activity
- E.5 Understand the elements of socially acceptable conflict resolution in physical activity settings
- E.6 Understand the importance of playing, cooperating, and respecting others regardless of personal differences during physical activity

PHYSICAL EDUCATION Grade 2

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use a variety of basic locomotor movements

A.2 Use a variety of basic non-loco-motor skills

A.3 Use a variety of basic object control skills

A.4 Use simple combinations of fundamental movement skills

A.5 Use control in weight-bearing activities on a variety of body parts

A.6 Use control in balance activities on a variety of body parts

A.7 Use control in travel activities on a variety of body parts

A.8 Use smooth transitions between sequential motor skills

A.9 Use locomotor skills in rhythmical patterns

Grade 2

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Understand a vocabulary of basic movement concepts

B.2 Understand terms that describe a variety of relationships with objects

B.3 Use concepts of space awareness and movement control with a variety of basic skills while interacting with others

B.4 Understand the critical elements of a variety of basic movement patterns

B.5 Use feedback to improve performance (NC7)

B.6 Demonstrate good sportsmanship and other positive behaviors related to physical activity

B.7 Demonstrate knowledge of the fundamental rules and safety concepts

Grade 2

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Understand the health benefits of physical activity

C.2 Understand physical activity provides opportunity for enjoyment, challenge and self-expression

Grade 2

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in basic activities that cause cardio-respiratory exertion

D.2 Know how to measure cardio-respiratory fitness

D.3 Recognize physiological indicators that accompany moderate to vigorous physical activity (NC9)

D.4 Engage in activities that require flexibility

D.5 Engage in activities that develop muscular strength and endurance

Grade 2

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Follow rules and procedures with little reinforcement

E.2 Use equipment and space safely and properly

E.3 Understand the purpose of rules in games

E.4 Understand the social contributions of physical activity

E.5 Understand the elements of socially acceptable conflict resolution in physical activity settings

E.6 Understand the importance of playing, cooperating, and respecting others regardless of personal differences during physical activity

PHYSICAL EDUCATION Grade 3

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use mature form in object control skills

A.2 Use mature form and sequence in combinations of locomotor, object control and rhythmical skill

A.3 Use mature form in balance activities on a variety of apparatuses

A.4 Use beginning strategies for net and invasion games

Grade 3
DIOCESAN STRAND B Games and Sports
NATIONAL STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

- B.1 Use information from a variety of internal and external sources to improve performance
- B.2 Understand principles of practice and conditioning that improve performance
- B.3 Understand proper warm-up and cool-down techniques and reasons for using them
- B.4 Use basic offensive and defensive strategies in structured and unstructured game environments
- B.5 Understand good sportsmanship

Grade 3
DIOCESAN STRAND C Personal Development
NATIONAL STANDARD 3 Participate regularly in physical activity.
NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

- C.1 Know about opportunities for participation in physical activities both in and out of school
- C.2 Choose physical activities based on a variety of factors
- C.3 Know factors that inhibit physical activity
- C.4 Know how to modify activities to be more health-enhancing
- C.5 Understand negative effects of physical activity

Grade 3

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

- D.1 Engage in activities that develop and maintain cardio-respiratory endurance
- D.2 Engage in activities that develop and maintain flexibility of the major joints
- D.3 Engage in activities that develop and maintain muscular strength
- D.4 Know the effects of physical activity and nutrition on body composition
- D.5 Know how to monitor intensity of exercise
- D.6 Meet health related fitness standards for appropriate level of a standardized physical fitness test
- D.7 Know the characteristics of a healthy lifestyle

Grade 3

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity.
Convey a positive attitude toward others through sports.

OBJECTIVES

- E.1 Know how to develop rules, procedures and etiquette that are safe and effective for specific activity situations
- E.2 Work in a group to accomplish a set goal in both cooperative and competitive activities
- E.3 Understand the role of physical activities in learning more about others of like and different backgrounds
- E.4 Understand the physical challenges faced by people with disabilities
- E.5 Demonstrate good sportsmanship

PHYSICAL EDUCATION Grade 4

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use mature form in object control skills

A.2 Use mature form and sequence in combinations of locomotor, object control and rhythmical skill

A.3 Use mature form in balance activities on a variety of apparatuses

A.4 Use beginning strategies for net and invasion games

A.5 Use basic sport specific skills for a variety of physical activities

Grade 4

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Use information from a variety of internal and external sources to improve performance

B.2 Understand principles of practice and conditioning that improve performance

B.3 Understand proper warm-up and cool-down techniques and reasons for using them

B.4 Use basic offensive and defensive strategies in structured and unstructured game environments

B.5 Understand good sportsmanship

Grade 4

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Know about opportunities for participation in physical activities both in and out of school

C.2 Choose physical activities based on a variety of factors

C.3 Know factors that inhibit physical activity

C.4 Know how to modify activities to be more health-enhancing

C.5 Understand negative effects of physical activity

Grade 4

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in activities that develop and maintain cardio-respiratory endurance

D.2 Engage in activities that develop and maintain flexibility of the major joints

D.3 Engage in activities that develop and maintain muscular strength

D.4 Know the effects of physical activity and nutrition on body composition

D.5 Know how to monitor intensity of exercise

D.6 Meet health related fitness standards for appropriate level of a standardized physical fitness test

D.7 Know the characteristics of a healthy lifestyle

Grade 4

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Know how to develop rules, procedures and etiquette that are safe and effective for specific activity situations

E.2 Work in a group to accomplish a set goal in both cooperative and competitive activities

E.3 Understand the role of physical activities in learning more about others of like and different backgrounds

E.4 Understand the physical challenges faced by people with disabilities

E.5 Demonstrate good sportsmanship

PHYSICAL EDUCATION Grade 5

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use mature form in object control skills

A.2 Use mature form and sequence in combinations of locomotor, object control and rhythmical skill

A.3 Use mature form in balance activities on a variety of apparatuses

A.4 Use beginning strategies for net and invasion games

A.5 Use basic sport specific skills for a variety of physical activities

Grade 5
DIOCESAN STRAND B Games and Sports
NATIONAL STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

- B.1 Use information from a variety of internal and external sources to improve performance
- B.2 Understand principles of practice and conditioning that improve performance
- B.3 Understand proper warm-up and cool-down techniques and reasons for using them
- B.4 Use basic offensive and defensive strategies in unstructured game environments
- B.5 Understand good sportsmanship

Grade 5
DIOCESAN STRAND C Personal Development
NATIONAL STANDARD 3 Participate regularly in physical activity.
NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

- C.1 Know about opportunities for participation in physical activities both in and out of school
- C.2 Choose physical activities based on a variety of factors
- C.3 Know factors that inhibit physical activity
- C.4 Know how to modify activities to be more health-enhancing
- C.5 Understand injurious effects of physical activity
- C.6 Understand activities that provide personal challenge

Grade 5

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

Students will be able to:

OBJECTIVES

D.1 Engage in activities that develop and maintain cardio-respiratory endurance

D.2 Engage in and understand the importance of activities that develop and maintain flexibility of the major joints

D.3 Engage in activities that develop and maintain muscular strength

D.4 Know the effects of physical activity and nutrition on body composition

D.5 Know how to monitor intensity of exercise

D.6 Meet health related fitness standards for appropriate level of a standardized physical fitness test

D.7 Know the characteristics of a healthy lifestyle

Grade 5

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Know how to develop rules, procedures and etiquette that are safe and effective for specific activity situations

E.2 Work in a group to accomplish a set goal in both cooperative and competitive activities

E.3 Understand the physical challenges faced by people with disabilities

E.4 Understand origins of different sports and how they evolved

E.5 Demonstrate good sportsmanship

PHYSICAL EDUCATION Grade 6

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use mature form in object control skills

A.2 Use mature form and sequence in combinations of locomotor, object control and rhythmical skill

A.3 Use mature form in balance activities on a variety of apparatuses

A.4 Use beginning strategies for net and invasion games

A.5 Use basic sport specific skills for a variety of physical activities

Grade 6

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Use information from a variety of internal and external sources to improve performance

B.2 Understand principles of practice and conditioning that improve performance

B.3 Understand proper warm-up and cool-down techniques and reasons for using them

B.4 Use basic offensive and defensive strategies in unstructured and structured game environments

B.5 Understand good sportsmanship

Grade 6

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Know about opportunities for participation in physical activities both in and out of school

C.2 Chooses physical activities based on a variety of factors

C.3 Know factors that inhibit physical activity

C.4 Know how to modify activities to be more health-enhancing

C.5 Understand injurious effects of physical activity

C.6 Understand activities that provide personal challenge

Grade 6

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in activities that develop and maintain cardio-respiratory endurance

D.2 Engage in and understand the importance of activities that develop and maintain flexibility of the major joints

D.3 Engage in activities that develop and maintain muscular strength

D.4 Know the effects of physical activity and nutrition on body composition

D.5 Know how to monitor intensity of exercise

D.6 Meet health related fitness standards for appropriate level of a standardized physical fitness test

D.7 Know the characteristics of a healthy lifestyle

Grade 6

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Know how to develop rules, procedures and etiquette that are safe and effective for specific activity situations

E.2 Work in a group to accomplish a set goal in both cooperative and competitive activities

E.3 Understand the physical challenges faced by people with disabilities

E.4 Understand origins of different sports and how they evolved

PHYSICAL EDUCATION Grade 7

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use intermediate sport specific skills for dance and rhythmical activities

A.2 Use intermediate sport specific skills in selected physical activities

Grade 7

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Understand the critical elements of advanced movement

B.2 Use offensive and defensive strategies in a modified version of a team and individual sport

B.3 Understand good sportsmanship

Grade 7

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Understand long-term physiological benefits of regular participation in physical activity

C.2 Understands long-term psychological benefits of regular participation in physical activity

Grade 7

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in more advanced activities that develop and maintain cardio-respiratory endurance

D.2 Engage in more advanced levels of activity that develop and maintain flexibility

D.3 Engage in more advanced activities that develop and maintain muscular strength and endurance

D.4 Meet health-related fitness standards for appropriate level of standardized physical fitness test

D.5 Understand basic principles of training that improve physical fitness

D.6 Determine the link between physical activity and weight control (NC7)

Grade 7

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Understand the importance of rules, procedures and safe practice in physical activity settings

E.2 Understand proper attitudes toward winning and losing

E.3 Know the difference between inclusive and exclusionary behaviors in physical activity settings

E.4 Understand the concept that physical activity is a microcosm of modern culture and society

PHYSICAL EDUCATION Grade 8

DIOCESAN STRAND A Movement Skills

NATIONAL STANDARD 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

VALUES AND ATTITUDES Respect physical and performance limitations of self and others

OBJECTIVES

A.1 Use intermediate sport specific skills for dance and rhythmical activities

A.2 Use intermediate sport specific skills in selected physical activities

Grade 8

DIOCESAN STRAND B Games and Sports

NATIONAL STANDARD 2 Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical education.

VALUES AND ATTITUDES Display good sportsmanship and effective social relationships in groups
Respect others and their abilities

OBJECTIVES

B.1 Understand the critical elements of advanced movement

B.2 Use offensive and defensive strategies in modified and regulation team and individual sports

B.3 Understand good sportsmanship

Grade 8

DIOCESAN STRAND C Personal Development

NATIONAL STANDARD 3 Participate regularly in physical activity.

NATIONAL STANDARD 6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

VALUES AND ATTITUDES Participation in physical activity provides life-long health benefits

OBJECTIVES

C.1 Understand long-term physiological benefits of regular participation in physical activity

C.2 Understand long-term psychological benefits of regular participation in physical activity

Grade 8

DIOCESAN STRAND D Fitness

NATIONAL STANDARD 4 Achieve and maintain a health-enhancing level of physical fitness

VALUES AND ATTITUDES Exhibit positive attitudes toward physical fitness
Recognize that exercise is good for one's health

OBJECTIVES

D.1 Engage in more advanced activities that develop and maintain cardio-respiratory endurance

D.2 Engage in more advanced levels of activity that develop and maintain flexibility

D.3 Engage in more advanced activities that develop and maintain muscular strength and endurance

D.4 Meet health-related fitness standards for appropriate level of standardized physical fitness test

D.5 Understand basic principles of training that improve physical fitness

D.6 Explain the relationship between physical activity, nutrition and adequate rest/sleep and weight management (NC9)

Grade 8

DIOCESAN STRAND E Social Development

NATIONAL STANDARD 5 Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

VALUES AND ATTITUDES Responsible personal and social behavior is necessary in productive physical activity

OBJECTIVES

E.1 Understand the importance of rules, procedures and safe practice in physical activity settings

E.2 Understand proper attitudes toward winning and losing

E.3 Know the difference between inclusive and exclusionary behaviors in physical activity settings

E.4 Understand the concept that physical activity is a microcosm of modern culture and society

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