



The First Academy Lower School Physical Education

PHYSICAL EDUCATION

VISION

As a result of TFA's Physical Education, students will make informed decisions within a Christian perspective about personal, community, and global health issues. Students receive instruction in mental, physical, social, and spiritual health. Students are encouraged and guided to develop positive self-esteem, to accept themselves and others, to handle stress, to solve problems, and to exercise leadership. By learning about body systems, nutrition, exercise and by practicing physical activities, the students embrace health allied to physical fitness as a lifelong goal. Social health includes working within diverse relationships to share feelings with friends, family, and peers. Spiritual health places Christ at the center of a Christian's life strong bodies and healthy habits for life long Christian service. Students are encouraged to seek physical, mental, and social challenges in life utilizing faith-informed, responsible choices. (CHCA, 2006)

STANDARDS

What a TFA student will know and be able to do in Physical Education:

- Demonstrate knowledge of human anatomy and body systems
- Demonstrate competency in many movement forms and proficiency in a few forms of physical activity
- Apply concepts and principles of human movement to the development of motor skills and the learning of new tasks
- Analyze the benefits of regular participation in physical activity
- Achieve and maintain a health-enhancing level of physical fitness
- Demonstrate responsible personal and social behavior in physical activity
- Understand how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people
- Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication
- Honor & glorify God in sports and physical activities
- Demonstrate an understanding of effective warm-up techniques
- Explain key elements to maintain mental and emotional health
- Recognize key elements to maintain and promote personal health and wellness
- Accept personal responsibility for seeking total health for self and others through recognizing God's plan for human life

Kindergarten- Second Grade Topics:

Presidential Fitness Training & Testing: individual fitness evaluation, fitness components: strength, flexibility, cardiovascular endurance, exercises/fitness games

Specific and Creative Movement: locomotor and non-locomotor skills, spatial awareness, balancing, effort action, games (with and without music)

Gross Motor Skills: Jumping & Landing, Tininkling, Skip, Balance, Scooter Activities, Fitness Games & Relays, Jump Roping: short rope, Parachute Activities

Fine Motor: Throwing, Catching and Striking Skills (Hand-eye coordination skills): over/underhand, deck rings, balls, bean bags, scarves, paddles, yarn balls; Ball Handling: dribbling, shooting, passing; Kicking: stationary and moving ball, trapping and receiving

Human Body: Basic Muscular and Skeletal systems

Third Grade-Fifth Grade Topics:

Presidential Fitness Training & Testing: individual fitness evaluation, fitness components: strength, flexibility, cardiovascular endurance, exercises/fitness games

Specific and Creative Movement: locomotor and non-locomotor skills, spatial awareness, balancing, games (with and without music)

Gross Motor Skills: Jumping & Landing, Tininkling, Skipping, Balance, Scooter Activities, Fitness Games & Relays, Jump Roping: short rope, long rope, intermediate partner roping skills

Fine Motor: Throwing, Catching and Striking Skills (Hand-eye coordination skills): over/underhand, deck rings, balls, bean bags, scarves, paddles, yarn balls; Ball Handling: dribbling, shooting, passing; Kicking: stationary and moving ball, trapping and receiving

Team Sports: Basketball, Volleyball Newcome, Flag Football, Lacrosse, Snag Golf, Frisbee Skills, Two/Four Square, Team Handball, Bound Ball, Badminton, Kick Ball, Baseball, Mat Ball

Cooperative Games: cooperation, team building, trust, and Christ-like behavior.

Human Body: Basic Muscular and Skeletal systems