

# PHYSICAL EDUCATION



## OCTOBER NEWSLETTER

	<b>In PE, students will be able to...</b>
<b>Kindergarten</b>	<ul style="list-style-type: none"><li>-travel in three different pathways (straight, curved, zigzag)</li><li>-travel in general space with different speeds</li><li>-tap a ball using the inside of the foot sending it forward</li><li>-kick a stationary ball from a stationary position</li><li>-identify active play opportunities outside of PE class</li></ul>
<b>1st Grade</b>	<ul style="list-style-type: none"><li>-travel while demonstrating low, middle, and high levels</li><li>-travel while demonstrating a variety of relationships with objects</li><li>-differentiate between fast and slow speeds</li><li>-tap or dribble a ball using the inside of the foot walking in general space</li><li>-approach a stationary ball and kick it forward</li><li>-discuss the benefits of being active</li></ul>
<b>2nd Grade</b>	<ul style="list-style-type: none"><li>-travel showing differentiation between jogging and sprinting</li><li>-combine shapes, levels, pathways into simple travel sequences</li><li>-dribble with feet in general space with control of the ball and body</li><li>-use a continuous running approach and kick a moving ball</li><li>-describe physical activities for participation outside of PE class</li></ul>
<b>3rd Grade</b>	<ul style="list-style-type: none"><li>-dribble with feet while changing pathways and directions</li><li>-define aerobic activity/cardio-respiratory endurance</li><li>-define muscular strength and muscular endurance</li><li>-identify activities that develop flexibility</li><li>-demonstrate a method of calculating heart rate</li></ul>
<b>4th Grade</b>	<ul style="list-style-type: none"><li>-pass with the feet to a moving partner</li><li>-identify the health-related fitness components</li><li>-define resting, target, and maximum heart rate</li><li>-identify activities that develop muscular strength and endurance</li><li>-identify flexibility exercises and the muscular groups they benefit</li></ul>
<b>5th Grade</b>	<ul style="list-style-type: none"><li>-shoot a ball with feet after dribbling into position</li><li>-identify activities that enhance the health related fitness components</li><li>-identify the phases of an aerobic workout and explain the effects on the heart rate</li><li>-explain the difference between muscular strength and endurance</li><li>-identify flexibility exercises to achieve fitness goals</li></ul>