



# Curriculum

---

## *Physical Education*

Scope and Sequence P-8

---

2701 South York Street  
Denver, CO 80210  
(303) 756-9481  
Fax: (303) 756-5512  
[www.st-annes.org](http://www.st-annes.org)

---

## Rationale for the Physical Education Department

---

The mission of the St. Anne's Physical Education program is to involve students in developmentally appropriate experiences that focus on learning to move and learning through movement. Engaging children in a comprehensive program of fundamental movement, sport skills, physical fitness, and rhythmic experiences is an integral part of a total education program. Daily physical education enhances movement skills, fitness levels, reasoning abilities, and social-emotional growth.

The value of exercise and motor development is taught in an atmosphere that promotes student understanding and appreciation. Physical Education contributes to self-esteem, responsible behavior, creative expression, and group cooperation. The intent of the curriculum is to provide students of all abilities and interests with a foundation of movement experiences that will eventually lead to active and healthy lifestyles.

## Goals of the Physical Education Department

---

- I. Motor Development
  - To assist children in becoming skillful movers.
  - To provide children with opportunities to become fit movers.
  - To stimulate children's interest in being active learners.
  
- II. Cognitive Development Goals
  - To aid children in becoming knowledgeable movers.
  - To foster an environment that encourages children to be multisensory learners.
  - To educate children with the fitness knowledge to be informed movers.
  
- III. Affective Development Goals
  - To assist children in becoming positive self-discovering learners.
  - To create an environment that helps children become cooperative learners.
  - To promote children's development as expressive movers.

	<b>PRESCHOOL</b>	<b>KINDERGARTEN</b>	<b>GRADE ONE</b>	<b>GRADE TWO</b>	<b>GRADE THREE</b>
<b><i>Physical Education</i></b>	<b>Boundaries and Formations</b> <b>Exploration</b> <b>Fitness/Wellness</b> <b>Following Directions/Rules</b> <b>Fundamental Manipulative Skills</b> <b>Group and Independent Work</b> <b>Listening</b> <b>Locomotor Movements</b> <b>Non-Loomotor Movements</b> <b>Rhythms</b> <b>Safety</b> <b>Sportsmanship</b>	<b>Apparatus</b> <b>Catching</b> <ul style="list-style-type: none"> <li>• form</li> <li>• large objects</li> </ul> <b>Fitness/Wellness</b> <b>Following Directions/Rules</b> <b>Global Games</b> <b>Kicking</b> <b>Listening</b> <b>Locomotor Movements</b> <b>Manipulatives</b> <b>Non-Loomotor Movements</b> <b>Rhythms</b> <b>Safety</b> <b>Sportsmanship</b> <b>Striking</b> <b>Stunts and Tumbling</b> <ul style="list-style-type: none"> <li>• balance</li> </ul> <b>Throwing</b> <ul style="list-style-type: none"> <li>• form</li> </ul>	<b>Catching</b> <ul style="list-style-type: none"> <li>• small objects</li> </ul> <b>Dance</b> <b>Dribbling</b> <ul style="list-style-type: none"> <li>• foot and hand</li> </ul> <b>Fitness/Wellness</b> <b>Global Games</b> <b>Kicking</b> <b>Locomotor Movements</b> <b>Non-Loomotor Movements</b> <b>Rhythms</b> <b>Safety</b> <b>Sportsmanship</b> <b>Striking</b> <b>Stunts and Tumbling</b> <b>Throwing</b> <ul style="list-style-type: none"> <li>• form</li> <li>• accuracy</li> </ul>	<b>Aerobics</b> <b>Catching</b> <ul style="list-style-type: none"> <li>• from a distance</li> </ul> <b>Dance Movement and Rhythm</b> <b>Dribbling</b> <ul style="list-style-type: none"> <li>• foot and hand</li> </ul> <b>Fitness/Wellness</b> <b>Global Games</b> <b>Jump Rope</b> <b>Kicking</b> <b>Locomotor Movements</b> <b>Non-Loomotor Movements</b> <b>Safety</b> <b>Simple Games</b> <b>Sportsmanship</b> <b>Stunts and Tumbling</b> <b>Throwing</b> <ul style="list-style-type: none"> <li>• power</li> </ul>	<b>Aerobics</b> <b>Basketball</b> <b>Catching</b> <ul style="list-style-type: none"> <li>• while moving</li> </ul> <b>Dance Movement and Rhythm</b> <b>Fitness/Wellness</b> <b>Floor Hockey</b> <b>Football</b> <b>Individual Games</b> <b>Jump Rope</b> <b>Kicking</b> <b>Safety</b> <b>Simple Games</b> <b>Soccer</b> <b>Softball</b> <b>Sportsmanship</b> <b>Stunts and Tumbling</b> <b>Team Handball</b> <b>Throwing</b> <b>Volleyball</b>

	GRADE FOUR	GRADE FIVE	GRADE SIX	GRADE SEVEN	GRADE EIGHT
<b>Physical Education</b>	<b>Aerobics</b> <b>Basketball</b> <b>Fitness/Wellness</b> <b>Football</b> <b>Individual Games</b> <b>Jump Rope</b> <b>Safety</b> <b>Soccer</b> <b>Softball</b> <b>Sportsmanship</b> <b>Square and Line Dance</b> <b>Stick Skills</b> <ul style="list-style-type: none"> <li>• lacrosse</li> <li>• field hockey</li> </ul> <b>Stunts and Tumbling</b> <b>Team Handball</b> <b>Tinikling</b> <b>Volleyball</b>	<b>Aerobics</b> <b>Basketball</b> <b>Fitness/Wellness</b> <b>Floor Hockey</b> <b>Football</b> <b>Individual Games</b> <b>Jump Rope</b> <b>Safety</b> <b>Soccer</b> <b>Softball</b> <b>Sportsmanship</b> <b>Square and Line Dance</b> <b>Stick Skills</b> <ul style="list-style-type: none"> <li>• lacrosse</li> <li>• field hockey</li> </ul> <b>Team Handball</b> <b>Volleyball</b>	<b>Basketball</b> <b>Cricket</b> <b>Croquet</b> <b>Fitness/Wellness</b> <b>Football Tournament</b> <b>Handball</b> <b>Intramurals</b> <ul style="list-style-type: none"> <li>• leadership</li> <li>• officiating</li> <li>• game play</li> </ul> <b>Ladder tournament</b> <b>Power Volleyball</b> <b>Safety</b> <b>Sportsmanship</b> <b>Strategies</b> <b>Track</b>	<b>Field Hockey</b> <b>Fitness/Wellness</b> <b>Football Tournament</b> <b>Intramurals</b> <ul style="list-style-type: none"> <li>• leadership</li> <li>• officiating</li> <li>• game play</li> </ul> <b>Juggling</b> <ul style="list-style-type: none"> <li>• cascading/reverse cascading</li> </ul> <b>Olympic Team Handball</b> <b>Power Volleyball</b> <ul style="list-style-type: none"> <li>• spiking</li> <li>• blocking</li> </ul> <b>Safety</b> <b>Sports Science</b> <ul style="list-style-type: none"> <li>• skill-related fitness</li> <li>• health-related fitness</li> </ul> <b>Sportsmanship</b> <b>Strategies</b> <b>Track</b> <b>Ultimate Football</b>	<b>Badminton</b> <b>Basketball</b> <b>Create a Game</b> <b>Field Hockey</b> <b>Fitness/Wellness</b> <b>Football Tournament</b> <b>Intramurals</b> <ul style="list-style-type: none"> <li>• leadership</li> <li>• officiating</li> <li>• game play</li> </ul> <b>Invasion Games</b> <b>Juggling</b> <ul style="list-style-type: none"> <li>• cascading/reverse cascading</li> </ul> <b>Power Volleyball</b> <ul style="list-style-type: none"> <li>• offensive formations</li> <li>• defensive formation</li> </ul> <b>Safety</b> <b>Speedball/Speed-away</b> <b>Sportsmanship</b> <b>Strategies</b> <b>Ultimate Frisbee</b>



