

PV Schools Physical Education Grades K-6 - About our curriculum

Goals for students

- Recognize the value of physical education and exhibit a physically active and healthy lifestyle
- Be involved in activities that allow for personal success
- Allow for a varied and broad curriculum
- Develop basic safety skills and attitudes
- Develop a positive self-concept
- Development of social skills
- Develop skills and understandings for leisure and life time activities
- Develop an awareness for health and wellness concepts

Kindergarten

The physical education curriculum is centered on the development of, management skills, fundamental movements, and rhythmic activities and incorporates social and sportsmanship skills.

First & Second

The physical education curriculum is centered on the development of, management skills, fundamental movements, and rhythmic activities and incorporates social and sportsmanship skills.

Third

The physical education curriculum is based on understanding the importance of physical fitness and exercise, maintaining a level of fitness, and the developing proficiency in fundamental movement. Other areas of focus are the development of sports related skills, body management, rhythmic and recreational activities. Social skill and sportsmanship are also incorporated.

Fourth

The physical education curriculum is focused on understanding the importance of physical fitness and exercise, and how to maintain a level of fitness. The increased proficiency in fundamental movements, sports skills, body management skills, as well as rhythmic activities is emphasized. Social skills and sportsmanship are also incorporated.

Fifth and Sixth

The physical education curriculum is centered on understanding the importance of an effective exercise program and its components and maintaining an adequate level of fitness. The emphasis is on the ability to demonstrate a variety of sports and body management skills and develop a proficiency in fundamental movement, rhythmic activities and a variety of leisure activities. Social skills and sportsmanship are incorporated.