

Sacred Heart School
Physical Education
Grades 3-6

Mission Statement

As we transition from basic motor development to more intricate skills, our goals for physical growth become more focused. Our central point is to apply what the students have learned and administer it to everyday activities. These activities will continue to form students' ability to mature physically and emotionally.

- I. Fitness Testing
 - a. Shuttle run.
 - b. Mile.
 - c. Sit-ups.
 - d. Sit and reach.
 - e. Flexed arm hang.

- II. Fitness Awareness
 - a. Aerobics.
 - b. Fitness stations.
 - 1. Weights, plyometrics, jump ropes, cone jumps.
 - c. Running.
 - d. Walking.
 - e. Spatial and body awareness.

- III. Object Control Skills. (Feet)
 - a. Kicking for distance.
 - 1. Eyes focused on the ball.
 - 2. Plant foot next to the ball.
 - 3. Ball contacts the foot with the instep.
 - 4. Leg follows through to the target.
 - b. Kicking for Accuracy.
 - 1. Eyes focused.
 - 2. Adequate back swing.
 - 3. Ball is contacted on the inside of the kicking foot.
 - c. Soccer.
 - 1. Rules.
 - 2. Dribbling.
 - 3. Passing.
 - 4. Shooting.
 - 5. Trapping.
 - d. Simple Games
 - 1. Fuisbol, shugiak, kickball, three-pin kick, croquet.

- IV. Object Control Skills (Hands)

- a. Dribbling.
 - 1. Balanced position with feet shoulder width apart.
 - 2. Eyes focused.
 - 3. Arm extends downward in a pushing motion.
 - 4. Fingers are curved and spread.
 - 5. Ball bounces at hip level.
 - 6. **Basketball**- dribbling passing, shooting.
- b. Catching.
 - 1. Ready position.
 - 2. Eyes focused.
 - 3. Hands move to meet the ball.
 - 4. Ball is cushioned on impact.
 - 5. Games-Sham battle, team handball, ultimate sponge ball, frisbee.
- c. Throwing.
 - 1. Eyes focused.
 - 2. Step with the opposite foot.
 - 3. Step to target.
 - 4. Elbow rotates over the shoulder.
 - 5. Throw to target.
 - 6. Follow through.
 - 7. Games- dodgeball, softball, handball, frisbee, stations.
- d. Striking with Implements.
 - 1. Eyes focused, head steady.
 - 2. Sideways stance.
 - 3. Transfer weight from the back foot to the front foot.
 - 4. Hips rotate forward.
 - 5. Knee Extension and follow-through.
 - 6. Activities- rounders, batting challenge, balloon badminton, batters box, softball, braunbol, hockey.