

Sacred Heart
Physical Education
K-2

Mission Statement

The goals and desired outcomes for the first stage of our Physical Education department are geared towards the growth of motor development. Activities that are based on the developmental level of the child, coupled with repetition, will create a positive atmosphere conducive to the enhancement of the physical growth of the student.

I. Fitness Testing

II. Fitness Awareness

- a. Warm-up games
- b. Stretching Activities
 - 1. Good morning stretch, shrugs, windmills, knee circles, angels in snow.
- c. Strength Activities
 - 1. Critter walks, bridges, jack-in-the box, wheelbarrows.

III. Body Control Skills

- a. Motor Memory
 - 1. Alphabet Arms, touch memory, eye box, movement memory.
- b. Body Image
 - 1. Simple exercises, balloon contact, scarf juggle, hockey pokey, simon says.
- c. Spatial Awareness
 - 1. Spatial movements, ladders, grid patterns, obstacle courses
- d. Jumping
 - 1. Heads up, eyes forward, arms extended, legs and arms extend together, jump evenly off both feet.
 - 2. Frog in the pond, memory jumping, dominos, elastic jump, jump rope, hopscotch.
- e. Landing
 - 1. Heads up, eyes forward, lean forward on contact, ankles, knees absorb force.

IV. Locomotion Skills

- a. Walking
 - 1. Cars, walk-about, walk-er-cise.
- b. Running
 - 1. Touch-n-go, beanbag tag, signals, jog-er-cise.
- c. Dodging
 - 1. Chasey, beanbag shuttle, tail snatch, artful dodger.

- d. Hopping
 - 1. Hop a pattern, action poem, hopscotch, hopping tag.
- e. Skipping
 - 1. Shark attack, poison circle, skipping patterns.
- f. Leaping
 - 1. Alligator leap, bridge leap, leap and tap, long jump.

V. Object-Control Skills

- a. Receiving a Rolled Ball
 - 1. Rowling soccer, bowling roll, partner target roll, hot potato, ball race, jump the ball.
- b. Bouncing and Catching with Two Hands
 - 1. Obstacle bounce, line bouncing, rhythm bouncing, wall bounce.
- c. Dribbling
 - 1. Hoop bounce, circle bounce, bounce and shake, knock-away.
- d. Catching
 - 1. Catching signals, copycats, wall throw, one step, sky ball, triangle catch, catching tennis.
- e. Underhand Throw
 - 1. Six pin, box toss, splot, grid toss, underhand golf.
- f. Overhand Throw
 - 1. Target hit, bean the ball, wasps, handball.
- g. Sing-Handed Strike
 - 1. Balloon juggle, totem tennis, wall hit.
- h. Two-Handed Strike
 - 1. Batting challenge, batter's box, rounders, t-ball, cricket, hockey.
- i. Distance Kicking
 - 1. Across the field, goal kick, spot kick, kicking golf.
- j. Kicking for Accuracy
 - 1. Three pin, goal kick, croquet, soccer, fuisbol.