

## **DBCS CURRICULUM GUIDE FOR PHYSICAL EDUCATION**

**PHYSICAL EDUCATION DEPARTMENT PHILOSOPHY STATEMENT:** To educate and develop students in the five components of Physical Education: spiritual, physical, social, emotional and mental, to the best of their ability for the glory of God.

### **PHYSICAL EDUCATION DEPARTMENT CURRICULUM**

A graduate of Denbigh Baptist Christian School should be able to:

1. demonstrate a Christ-like response to daily situations. (*School objectives # 1, 2, 3, 4, 7, 10*)
2. develop both skill and health related fitness. (*School objectives # 3, 6, 8, 11*)
3. demonstrate teamwork and cooperation with others. (*School objectives # 1, 2, 5, 6, 10, 11*)
4. show a positive sense of self-worth. (*School objectives # 1, 2, 5, 9, 10, 11*)
5. have an understanding of rules and strategies of a variety of activities. (*School objectives # 4, 6, 7, 9, 11*)

## 1<sup>ST</sup> GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. develop basic gross motor skills. (*P.E. Objective #2*)
2. understand and be able to follow directions. (*P.E. Objective #5*)
3. perform in group activities, work with others. (*P.E. Objectives #1, 3, 4*)
4. understand basic fitness terms. (*P.E. Objective #2*)
5. develop and understand various conditioning techniques. (*P.E. Objectives #2, 4*)
6. develop basic eye-hand coordination. (*P.E. Objective #2*)

## 2ND GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. demonstrate various games involving basic motor skills. (*P.E. Objectives #1, 2, 3, 5*)
2. develop appreciation for physical fitness. (*P.E. Objectives #2, 4*)
3. gain knowledge of conditioning techniques. (*P.E. Objectives #2, 3, 4*)
4. demonstrate social interaction with peers. (*P.E. Objectives #1, 3, 4*)
5. refine gross motor skill. (*P.E. Objectives #2*)
6. develop basic fine motor skills. (*P.E. Objectives #2*)
7. be introduced to competitive games. (*P.E. Objectives #1, 2, 3, 4, 5*)

### **3RD GRADE PHYSICAL EDUCATION CURRICULUM**

The students will:

1. refine fine motor skills. (*P.E. Objective #2*)
2. develop an appreciation for health related fitness. (*P.E. Objective #2*)
3. be introduced to a select sect of major sports. (*P.E. Objectives #1, 2, 3, 4, 5*)
4. improve interaction with others through cooperative activities. (*P.E. Objectives #1, 3, 4*)
5. demonstrate leadership being in charge of a team or an activity. (*P.E. Objectives #1, 3, 4, 5*)
6. obtain knowledge of rules of various sporting events. . (*P.E. Objectives #2, 5*)

## 4TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. demonstrate ball handling skills. (*P.E. Objective #2*)
2. obtain an intermediate, or higher, level of fitness. (*P.E. Objective #2*)
3. exemplify knowledge of rules and skill involved in a select sect of major sports. (*P.E. Objectives #2, 5*)
4. execute strategies in a game situation. (*P.E. Objectives #1, 2, 5*)
5. be introduced to a select sect of minor sports. (*P.E. Objectives #1, 5*)
6. increase in knowledge of health related fitness. (*P.E. Objective #2*)

## 5TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. improve fitness level and learn strategies to maintain their fitness level. (*P.E. Objective #2*)
2. understand the skills involved and the rules of a select sect of minor sports. (*P.E. Objectives #2, 3, 5*)
3. be introduced to individual sports. (*P.E. Objective #2*)
4. obtain optimum level of fine motor skills. (*P.E. Objective #2*)
5. gain understanding of problem solving techniques in a group activity. (*P.E. Objectives #1, 2, 3, 4, 5*)

## 6TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. combine gross and fine motor skills while performing various activities. (*P.E. Objective #2*)
2. demonstrate strategies that will increase their fitness level. (*P.E. Objectives #2, 4, 5*)
3. work together with other students to reach a common goal in various activities. (*P.E. Objectives #1, 2, 3, 4, 5*)
4. understand Christ-like responses to various situations. (*P.E. Objectives #1, 2, 3, 4*)
5. be introduced to various activities that require simple understanding of rules and consequences. (*P.E. Objectives #3, 5*)

## 7TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. develop muscular coordination between various muscle groups. (*P.E. Objective #2*)
2. develop physical fitness in the following areas: flexibility, endurance, muscular strength, and power. (*P.E. Objectives #2, 4, 5*)
3. demonstrate team work through cooperation and encouragement during various activities. (*P.E. Objectives #2, 4, 5*)
4. demonstrate a Christ-like attitude in both successful and unsuccessful performances in various activities. (*P.E. Objectives #1, 2, 3, 4*)
5. be introduced to various activities that require complex understanding of rules and consequences. (*P.E. Objectives #3, 5*)

## 8TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. demonstrate muscular coordination between various muscle groups. (*P.E. Objective #2*)
2. improve physical fitness in the following areas: flexibility, endurance, muscular strength, and power. (*P.E. Objectives #2, 4, 5*)
3. understand team activities that promote cooperation of all members. (*P.E. Objectives #1, 2, 3, 4, 5*)
4. discern between Christ-like responses and worldly responses to various situations. (*P.E. Objectives #1, 2, 3, 4*)
5. exemplify knowledge of rules and strategies of different games and sports. (*P.E. Objectives #3, 5*)

## 9TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

6. perform a series of activities that incorporate various muscle groups. (*P.E. Objective #2*)
7. understand how to improve physical fitness levels in the following areas: flexibility, endurance, muscular strength, and power. (*P.E. Objectives #2, 4, 5*)
8. exemplify knowledge of the value of cooperation of team members in group activities. (*P.E. Objectives #1, 2, 3, 4, 5*)
9. exemplify how Christ would respond to the positive or negative outcomes of various activities. (*P.E. Objectives #1, 2, 3, 4*)
10. understand the rules and demonstrate strategies of different games and sports. (*P.E. Objectives # 3, 5*)

## 10TH GRADE PHYSICAL EDUCATION CURRICULUM

The students will:

1. demonstrate muscular activities that focus on the coordination of all the major muscle groups. (*P.E. Objective #2*)
2. demonstrate strategies that will increase and maintain a high level of physical fitness in the following areas: flexibility, endurance, muscular strength, and power. (*P.E. Objectives #2, 4, 5*)
3. organize team activities that will require cooperation of all members of the team. (*P.E. Objectives #1, 2, 3, 4, 5*)
4. demonstrate a Christ-like response to situations that develop in the heat of competition. (*P.E. Objectives #1, 2, 3, 4*)
5. demonstrate the rules and explain strategies of different games and sports. (*P.E. Objectives #3, 5*)