

## PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.  
 Standard A: Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

### CATHOLIC IDENTITY

Standard A: Because God made all human beings in His image, promote this likeness by demonstrating physical competency in individual and team sports emphasizing ethics and fair play.

*As a result of their schooling students will be able to...*

<b>EARLY ELEMENTARY (PREK-2)</b>	<b>LATE ELEMENTARY (3-5)</b>	<b>MIDDLE/JUNIOR HIGH SCHOOL (6-8)</b>
<p><b>19.A.1</b> Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.</p> <ol style="list-style-type: none"> <li>1. Use locomotor movements as seen in lead up games (e.g., walking, hopping, jumping, skipping, galloping, running, leaping).</li> <li>2. Use non-locomotor movement.</li> <li>3. Understand terms of locomotor and non-locomotor movements.</li> <li>4. Demonstrate skills through activities that develop eye hand coordination/eye foot coordination using a variety of equipment (e.g., juggling scarves, bowling, ball catching, bean bags).</li> <li>5. <u>Display respect for self and others as a child of God.</u></li> </ol>	<p><b>19.A.2</b> Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.</p> <ol style="list-style-type: none"> <li>1. Develop movement skills that incorporate fine motor skills of eye hand coordination and eye foot coordination (e.g., lead up sports skills, pattern work, obstacle courses, relay/ropes, dance, aquatics*).</li> <li>2. <u>Show love for neighbor by cooperating during game play.</u></li> </ol>	<p><b>19.A.3</b> Demonstrate control when performing combinations and sequences of locomotor, non-locomotor and manipulative motor patterns in selected activities, games and sports.</p> <ol style="list-style-type: none"> <li>1. Participate in individual sports.</li> <li>2. Participate in team sports.</li> <li>3. Practice eye hand coordination activities.</li> <li>4. Participate in tagging games.</li> <li>5. Practice dance/rhythm activities.</li> <li>6. Participate in relays.</li> <li>7. Participate/practice aquatics* activities.</li> <li>8. <u>Love neighbor as self by competing in a Christian manner.</u></li> </ol>

\* When a reference to aquatics is noted, activities are modified for non-pool environment.

**Why Goal 19 Is Important:** Physical performance involves competency in a wide range of motor, non-motor and manipulative skills. Learning in this area is developmental, building simple movements into more complex patterns. Learning to follow directions and rules enhances enjoyment and success in both recreational and competitive sports. Working toward higher levels of competence, students learn how to maintain health and fitness as individuals and as members of teams.

## PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.  
 Standard B: Analyze various movement concepts and applications.

### CATHOLIC IDENTITY

Standard B: Analyze various movement concepts and apply with Christian values.

*As a result of their schooling students will be able to...*

<b>EARLY ELEMENTARY (PREK-2)</b>	<b>LATE ELEMENTARY (3-5)</b>	<b>MIDDLE/JUNIOR HIGH SCHOOL (6-8)</b>
<p><b>19.B.1</b> Understand spatial awareness and relationships to objects and people.</p> <ol style="list-style-type: none"> <li>1. Identify personal space.</li> <li>2. Mimic animal walks.</li> <li>3. Distinguish movements (understanding of prepositions): behind, ahead of, next to, near to, over, under, on, through, beside.</li> <li>4. Practice circuit training with catch balls, koosh balls, paddles in different activity areas.</li> <li>5. Play tag (e.g., everyone is it, aquatics*).</li> <li>6. <u>Love themselves as children of God by recognizing and maintaining personal space during game play and activities.</u></li> </ol>	<p><b>19.B.2</b> Identify the principles of movement (e.g., absorption and application of force, equilibrium).</p> <ol style="list-style-type: none"> <li>1. Practice team and individual sports skills (e.g., volleyball, soccer, flag football, aquatics*).</li> <li>2. <u>Utilize their God-given physical talents individually and as part of a group.</u></li> </ol>	<p><b>19.B.3</b> Compare and contrast efficient and inefficient movement patterns.</p> <ol style="list-style-type: none"> <li>1. Demonstrate biomechanical principles of effort, force, space, time, weight transfer, absorption.</li> <li>2. Use manipulative skills with a variety of equipment.</li> <li>3. <u>Demonstrate Christian behavior when practicing skills.</u></li> </ol>

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## PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.  
 Standard C: Demonstrate knowledge of rules, safety and strategies during physical activity.

### CATHOLIC IDENTITY

Standard C: Understand how order promotes Christian community by demonstrating knowledge of rules, safety and strategies in a compassionate and cooperative way.

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<b>EARLY ELEMENTARY (PREK-2)</b>	<b>LATE ELEMENTARY (3-5)</b>	<b>MIDDLE/JUNIOR HIGH SCHOOL (6-8)</b>
<p><b>19.C.1</b> Demonstrate safe movement in physical activities.</p> <p>1. Understand and demonstrate safety rules.</p> <ul style="list-style-type: none"> <li>- Tagging safety (concept of force).</li> <li>- Knowing physical boundaries (e.g., safe distances from obstacles, using turn around points).</li> <li>- Knowledge and understanding of the rationale for strategies, safety rules and why.</li> <li>- Aquatics.*</li> </ul> <p>2. <u>Recognize others as children of God by demonstrating respect while playing in a safe manner.</u></p>	<p><b>19.C.2a</b> Identify and apply rules and safety procedures in physical activities.</p> <p><b>19.C.2b</b> Identify offensive, defensive and cooperative strategies in selected activities and games.</p> <p>1. Move safely and efficiently through space being aware of self and others both indoors and outdoors.</p> <p>2. Articulate rules for all games prior to playing.</p> <p>3. Understand consequences for actions, know game and safety measures and apply safety procedures in team games.</p> <p>4. <u>Recognize others as children of God by demonstrating respect while participating in activities.</u></p>	<p><b>19.C.3a</b> Apply rules and safety procedures in physical activities.</p> <p><b>19.C.3b</b> Apply basic offensive, defensive and cooperative strategies in selected activities, games and sports.</p> <p>1. Articulate rules for all games prior to playing.</p> <p>2. Demonstrate knowledge and performance through informal and formal appraisal.</p> <p>3. <u>By example and encouragement, demonstrate Christian leadership while applying rules and safety procedures in physical activities.</u></p>

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