

<p>Health-Related Fitness</p> <p><i>Recognizing and appreciating the importance of physical activity and maintaining a healthy lifestyle; the body's response to exercise including the interaction of body systems and the development of physical fitness.</i></p>	<p>Individual Pursuits</p> <p><i>The development of basic motor skills and the body's capacity for movement through locomotor and manipulative skills and/or experiences; the techniques, rules and purpose of a range of athletic activities (For example track and field, swimming, skating, skiing; recognizing a high level of achievement and how to improve a performance.</i></p>	<p>Games</p> <p><i>Recognizing the challenges presented by games; the importance of manipulating space; the categorizing of games; identifying and developing appropriate skills and strategies; recognizing the importance of rules and how they define the nature of a game; modifying existing games and creating new games; teamwork</i></p>	<p>Movement Composition</p> <p><i>Recognizing that movements can be linked together and refined to create a sequence of aesthetic movements. Movements can be in response to stimuli or performance elements and/or criteria and can communicate feelings, emotions and ideas (for example gymnastics, dance, martial arts).</i></p>	<p>Adventure Challenge</p> <p><i>A variety of tasks requiring physical and critical thinking skills by individuals and/or groups; challenges that require groups to work together collaboratively in order to solve problems and accomplish a common goal; recognizing the role of the individual in group problem solving.</i></p>
<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate an awareness of their own fitness levels with regard to USA national fitness norms · Articulate and implement ways in which they can improve their personal fitness levels e.g. Q&A, Jump rope, Soccer 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Organize and run an athletic event, utilizing their knowledge of safety and rules · Collect and record results · Refine learned techniques for the specific athletic events such as long jump, hurdles, sprint, ball throw and mile run. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Exhibit coordination, manipulation, balance and special awareness with consistency · Organize themselves into teams and agree on the common rules of play and referee the agreed upon rules within a game situation · Continue to refine their awareness of action off the ball and it's influence in creating opportunities 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Copy a movement sequence accurately with and without music · Start, stop and execute the steps of dances with increasing precision · Put into practice the step patterns they have learned and create a dance sequence in small groups and perform for peers in class · Describe and discuss the dances they observe using appropriate vocabulary and a basic understanding of the techniques used · Create and perform individual floor sequences including twisting, turning, speed changes, flight, direction, balance and planes · Work on parallel bars, long and short boxes with springboards and climbing ropes 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Refine their understanding of the importance of how cooperation aids individuals, partners and groups when attempting to accomplish a common goal · Take on leadership roles · Demonstrate basic use of a compass and follow simple bearings to move through an orienteering course

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Recognize the importance of muscular flexibility, strength, cardiovascular endurance and how these factors affect a person's daily life as well as their success in their athletic endeavors through USA fitness test, Jump-a-thon, Dance 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate understanding of the common threads involved in the basic techniques for throwing such as weight transfer, follow through with limb or implement, opposition of arms and legs · Recognize differences between running for speed and running for distance · Recognize differences between jumping for height and jumping for distance 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Explain simple rules and safety. · Begin to understand the "shape" of a team in a game - offense/defense. · Be involved in activities where they will learn when it is reasonable to take a risk through small-sided games in 1v3, 2v4, 3v3, and 4v4 format. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate controlled combinations of movement, changing speed and direction · Combine locomotor and non-locomotor skills in order to refine rhythmic responses · Develop basic movement vocabulary (beat, tempo) · Demonstrate a balance position using all members of the group and hold the position (e.g. pyramid) for five seconds · Create individual movement sequences that include examples of symmetry and asymmetry · Create sequences with a partner to include: leading, following, matching, mirroring, twisting and turning and demonstrate these skills consistently over a period of time 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Solve problems involving physical and critical thinking through a variety of team building tasks which are challenging and involve collaboration · Begin to make connections to other areas such as invasion games and class projects

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate safety when exercising · Engage in various types of static stretching for all of the major muscle groups of the body · Describe various types of activities and games that can promote an increase in the over-all strength of the students bodies · Participate in various types of games and activities that will challenge their current level of endurance. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Build on the basic techniques of jumping, throwing and running events · Apply basic rules in athletic events · Demonstrate safety in athletic events · Collect and analyze data results 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Exhibit reasonable consistency in coordination, manipulation, balance and spatial awareness. · Participate in simple lead-up games and be able to make the connection between the individual skills that are used across games: use of space, weight transfer, follows through to target. · Build on what it means to make movement off the ball and movement into space. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Begin to master more complex movement sequences such as changes of speed, levels, shapes, pathways, rhythm and timing · Work towards a staged dance performance for parents on Mediterranean Day · Combine simple movements to create short sequences and work to improve the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination · Continue to develop, interpret and answer movement tasks in their own way, and at their own level, on the floor and using apparatus 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Solve challenging problems individually, in small or large groups and with or without apparatus · Begin to understand the importance of the cooperative process that a group uses to solve both physical and cognitive challenges through a variety of team building tasks

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Identify the elements and the benefits of a healthy lifestyle (rest, well-balanced nutrition, exercise) · Be able to describe the importance of physical activity in daily life · Recognize the physical changes that occur to their bodies when exercising · Demonstrate safety when exercising. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate the basic techniques of jumping, throwing and running · Recognize basis rules and understand the need for safety in athletic events · Collect, record and meaningfully interpret results 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Exhibit some consistency in coordination, manipulation, balance and locomotor skills. · Participate in activities that develop spatial awareness using skills learned individually · Be aware of their actions off the ball and how this affects a game 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Combine locomotor and non-locomotor skills in order to improve rhythmic responses · Respond through movement to a range of stimuli in order to express feelings and moods using imagination and original ideas · Copy simple movement sequences and master a dance containing basic step patterns with a partner or in small groups · Combine movements to create sequences and develop the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination · Interpret and answer movement tasks in their own way, and at their own level, on the floor; they will also interpret and answer movement tasks in their own way, and at their own level, using apparatus · Combine locomotor and non-locomotor skills while manipulating small equipment 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Work cooperatively · Build trust and creative thinking whilst developing physical and communication skills through a variety of group tasks

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Identify and recognize the elements and the benefits of a healthy lifestyle (sleep, eating health foods, water, staying clean and exercise) · Show where their heart is and recognize that their heartbeat changes according to how active they are. (Happy Heart) · Reflect on the different ways students like to exercise. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Travel in different ways, changing speed and direction with control · Handle different implements using manipulative skills to improve action & performance. · Demonstrate how to best throw a ball for distance, jump for distance, jump for height. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Develop coordination and awareness of space in simple lead up games · Improve throwing and striking skills and accuracy of aim · Understand the importance of rules in games 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate rhythmic understanding and body control through movement through a variety of musical styles. · Master a dance containing basic step patterns in small and large groups · Demonstrates “expressing themselves” by moving freely using their imagination through a variety of musical styles. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Solve problems in small groups using cooperation and teamwork skills · Solve challenges with or without apparatus. · Give examples of teamwork. · Demonstrate understanding of the importance of listening, sharing and respecting each other

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Aware of different activities they can do to keep their bodies fit. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Move in different directions, pathways and patterns (in, out, up, down, through, over, under, zig zag) · Demonstrate the meaning of the phrase “personal space” and explain why it is important. · Travel in different ways, changing speed and direction with control · Handle different apparatus and small equipment using various body parts (manipulative skills) · Hold their body weight using various body parts as bases (balance and stability). · Developing and understanding of the importance of specific skills used in different sports activities. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Understand and demonstrate a variety of games · Explain the rules to games and play cooperatively together · Control object in a game. · Introduce over and underhand throwing. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate different movements through music · Follow simple step patterns with or without a partner and keep time to music · Correctly count the beats of music used in a routine or dance · Demonstrates “expressing themselves” by moving freely using their imagination through a variety of musical styles. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate creativity in achieving an individual and team goal · Understand how to use various pieces of equipment to solve challenges · Participate in small/ large group activities to accomplish a common goal through cooperation and communication

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Explain what a healthy snack is · Building an awareness of a safe gym environment by following teacher directions and expectations 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Developing spatial awareness through basic motor skills. · Name different body parts and move them together or on their own. · Demonstrate they have the confidence to try to move around, under, over, between different objects. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Developing an awareness of rules in simple games and play them cooperatively and safely together · Introduce different object into a game. · Discover ways to kick, strike and throw. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Demonstrate different movements through music · Move in different ways using their feet when listening to a tambourine · Demonstrate a movement with a body part in time with the music. · Demonstrate “happy and sad” movements and expressions 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Identify what a team is · Explore and develop the ability to solve tasks cooperatively in pairs or in small groups · Introduce various pieces of equipment to solve problems

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<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Maintain a safe gym environment by following teacher directions and expectations 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Introducing in the importance of spatial awareness. · Recognize the space of the gym and feel comfortable and confident in it. · Demonstrate understanding of different body parts · Demonstrate the confidence to try to move around, under, over and between objects. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Follow directions and rules in simple games. · Demonstrate spacial awareness when playing simple games. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Introduce moving to music through exploration and basic motor movements · Discover body parts names through music and movement. 	<p>By the end of the year students will be able to</p> <ul style="list-style-type: none"> · Work cooperatively together · Demonstrate sharing and taking turns with classmates · Explore and develop the ability to solve tasks in pairs or small groups · Discover ways to use various pieces of equipment