

## Physical Development Program Objectives

The following general objectives will be used to assist in the mastery of the Illinois Physical Development and Health State Goals:

- Provide *every* child with the opportunity to develop and maintain a health enhancing level of fitness.
- Each child will acquire and develop competence in basic movement skills
- Provide the opportunity for each child to acquire responsible personal social behavior, respecting self and others.
- Improve self-esteem while individualizing fitness assessments, skill progress and acquisition.

### Grades K-2 Emphasis:

- Mastery of individual locomotor and non-locomotor skills.
- Develop manipulative skills.
- Share space and equipment safely with others.
- Work cooperatively with another to complete a structured task.
- Identify the immediate effects of exercise on the body.
- Recognize four parts of fitness.
- Enjoy physical activity alone or with others.

### Grades 3-5 Emphasis.:

- Meet the health related fitness standards as defined by the FitnessGram tests.
- Learn to analyze and develop ways to improve on individual selected components of health related fitness.
- Demonstrate increasing competence in more advanced specialized skills.
- Understand and demonstrate basic offensive and defensive strategies during team game situations.
- Analyze movement and fitness concepts.
- Apply rules and procedures in a safe effective manner.
- Work cooperatively in a group to achieve common goals.
- Individually recognize types of health enhancing physical activities that can be enjoyed through out a lifetime.

## Units of Study

Intro to PE  
Fitness Games and Testing  
Soccer  
Throw/Catch  
Volleyball  
Juggling  
Jump Rope  
Stunts and Tumbling

Striking with an Implement  
(rackets, paddles, golf, hockey)  
Track and Field  
Kickball  
Backyard Games  
Cooperative Games  
Dance (folk, line, hip-hop)  
Ball handling