

## **Elementary P.E.**

Frequency: 90-135 minutes of P.E. per week

A combination of Archdiocesan and TEKS guidelines are followed in the daily curriculum.

### **PreK – 1<sup>st</sup> Grade**

Introduction, manipulative, loco motor and non-loco motor skills

Movement Education

Rhythmical Activities

Cardiovascular Activities

Games

### **2<sup>nd</sup> – 3<sup>rd</sup> Grades**

Master loco motor and non-loco motor skills

Sports Fundamentals

Manipulative skills introduced

Movement Education

Rhythmical – group and line dancing

Cardiovascular lead off activities to sports

### **4<sup>th</sup> – 5<sup>th</sup> Grades**

Manipulative, loco motor skills more related to sport activities

Rhythmical dance – line dancing, group dancing

Strong Fundamental Movement and Rules Units – volleyball, basketball, soccer and softball

### **6<sup>th</sup> Grade – 7<sup>th</sup> Grade**

Master basic fundamental skills in strong athletic units

Rhythmical/partner dancing (ballroom, country/western, line dancing)

Cardiovascular conditioning, fitness testing (20 mins./week)

## 8<sup>th</sup> Grade

### Health & Fitness

#### Textbook: **Being Healthy, Harcourt Brace Jovanovich**

Health and Fitness class is divided between basic anatomy and a yoga workout. The goal of this class is to help students become healthier, to educate them on basic anatomy, become more flexible and have a better understanding of how the body works.



The **bookwork** pertains to the education of the human body and how to keep their bodies physically fit. The students are introduced to basic concepts of physical fitness and basic anatomy. The course will define in detail 5 major body systems. The students will be able to name the main functions of each body system and how each body system works. The students will be able to identify, locate and know the major function of each body system parts.

The **Fitness workout** consists of yoga, and fitness conditioning. Students learn the correct breathing techniques and postures for a controlled yoga workout. During this process, the student learn to challenge themselves physically and mental discovering their weakness and strengths. As the students journey through the semester, yoga will help them to develop and accept their physical weaknesses and learn to challenge and enhance their physical strengths.

The students also, have many opportunities to **meditate**. Meditation helps students to relax and focus within, leaving them refreshed and ready to take on daily challenges. The main goal is to help students learn to control their bodies, and temperament. If students learn to control their breathing they learn to control their temper. Controlling temperament will help them make better choice when confronted with difficult situations.