

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. (1Cor. 6:19-20, 12:12-14,20-27, II Cor. 10:12, II Thess. 5:23, Psalm 139:13-15, Gen. 2:7, Gen. 8-24, Rom. 12, Mark 5:34, Jer. 18:3-4, Col. 3:17, 23)

PHYSICAL EDUCATION DEPARTMENT CURRICULUM

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

1. demonstrate a Christ-like response to daily situations. (*Expected Student Outcomes 1, 6, 7, 8, 11, 12*)
2. develop both skill and health related fitness. (*ESO 2, 4, 6, 7, 16*)
3. demonstrate teamwork and cooperation with others. (*ESO 6, 11, 12, 16, 17*)
4. show a positive sense of self-worth. (*ESO 6, 11, 15, 16 School objectives # 1, 2, 5, 9, 10, 11*)
5. have an understanding of rules and strategies of a variety of activities. (*ESO 1, 3, 8, 16*)

1ST 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)*