



ELEMENTARY PHYSICAL EDUCATION

San Tan Physical Education program offers a variety of activities that encourage both individual and group participation. Our goal is to provide a safe learning environment where students can develop a desire for lifelong physical activity.

Philosophy:

The philosophy of physical education is to focus on student development, lifelong movement, and physical fitness.

1. Physical skills
2. Mental skills
3. Social skills
4. Encouraging problem solving

Glance at the Year:

1. Patriot Day - September 11th
2. World Record Attempt - most people cup stacking - November
3. Jump Rope for Heart - American Heart Association - February
4. Color Run (tentative) - March
5. Square Dancing - 6th Grade - April

Skills taught throughout the year to meet AZ State Standards:

- Self space and general space locomotors - current
- Directions and pathways locomotors - current
 - Skipping, galloping, walking, running, hopping, sliding, leaping
- Pathways and levels creative dance
- Kicking
- Dribbling with feet
- Throwing underhand
- Catching
- Jumping and landing
- Body shapes, time and force
- Balance
- Balance locomotors
- Curling, stretching and twisting actions
- Weight transfer: weight on hands
- Levels, force directions, dribbling with hands
- Jumping Rope
- Volleying Underhand - Current
- Striking with short handles implement
- Balance and weight transfer: rolling
- Dribbling with hands
- Dance and rhythms
- Passing with hands
- Passing with feet
- Cup stacking