

Otto-Eldred Elementary P.E. / Health Curriculum Statements

4th Grade

Fitness Circuits

- Move through stations of aerobic capacity.
- Complete Presidential Fitness Testing.
- Develop muscular strength and endurance.
- Increase Flexibility.

Basketball Skills

- Develop skills for ball-handling drills.
- Develop skills for Dribbling drills.
- Develop skills for Padding drills.
- Develop skills for Shooting drills.
- Develop skills for game play including offense, defense, and team sportsmanship.

Football Skills

- Develop skills for Receiving drills.
- Develop skills for Passing drills.
- Develop skills for game play including basic flag football skills.

Hockey

- Develop skills for Stick-Handling.
- Develop skills for Dribbling drills.
- Develop skills for Passing drills.
- Develop skills for Shooting drills.

Soccer

- Develop skills for Ball-Control drills.
- Develop skills for Dribbling drills.
- Develop skills for Passing drills.
- Develop skills for grouping, trap, pass, and follow.

Volleyball

- Develop skills for Underhand Serve.
- Develop skills for Overhead Pass (Set/Volley).
- Develop skills for Forearm Pass (Bump).

Outdoor Recreation

- Develop skills for recreation activity including cornhole, washerboard, can jam, ultimate Frisbee, bocce ball, and fleeing games.

Health

- Develop an understanding of the Skeletal System.
- Develop an understanding of the Muscular System.
- Develop an understanding of proper hygiene.

Reading/Mathematics

- Implementation of reading and mathematics during physical education by using the following techniques:
 - Word Race
 - Literacy Hippo
 - Multiplication Fitness

5th Grade

Fitness Circuits

- Move through stations of aerobic capacity.
- Complete Presidential Fitness Testing.
- Develop muscular strength and endurance.
- Increase Flexibility.

Basketball Skills

- Improve developed skills for ball-handling drills.
- Improve developed skills for Dribbling drills.
- Improve developed skills for Padding drills.
- Improve developed skills for Shooting drills.
- Improve developed skills for game play including offense, defense, and team sportsmanship.

Football Skills

- Improve developed skills for Receiving drills.
- Improve developed skills for Passing drills.
- Improve developed skills for game play including basic flag football skills.

Hockey

- Improve developed skills for Stick-Handling.
- Improve developed skills for Dribbling drills.
- Improve developed skills for Passing drills.
- Improve developed skills for Shooting drills.

Soccer

- Improve developed skills for Ball-Control drills.
- Improve developed skills for Dribbling drills.
- Improve developed skills for Passing drills.
- Improve developed skills for grouping, trap, pass, and follow.

Throwing/Batting

- Develop/Improve skills for Partner Throw and Catch.
- Develop/Improve skills for Batting.

Volleyball

- Improve developed skills for Underhand Serve.
- Improve developed skills for Overhead Pass (Set/Volley).
- Improve developed skills for Forearm Pass (Bump).

Outdoor Recreation

- Improve developed skills for recreation activity including cornhole, washerboard, can jam, ultimate Frisbee, bocce ball, and fleeing games.

Health

- Develop an understanding of the Skeletal System.
- Develop an understanding of the Muscular System.
- Develop an understanding of proper hygiene.

Reading/Mathematics

- Implementation of reading and mathematics during physical education by using the following techniques:
 - Word Race
 - Literacy Hippo
 - Multiplication Fitness

6th Grade

Fitness Circuits

- Move through stations of aerobic capacity.
- Complete Presidential Fitness Testing.
- Develop muscular strength and endurance.
- Increase Flexibility.

Basketball Skills

- Master developed skills for ball-handling drills.

- Master developed skills for Dribbling drills.
- Master developed skills for Padding drills.
- Master developed skills for Shooting drills.
- Master developed skills for game play including offense, defense, and team sportsmanship.

Football Skills

- Master developed skills for Receiving drills.
- Master developed skills for Passing drills.
- Master developed skills for game play including basic flag football skills.

Hockey

- Master developed skills for Stick-Handling.
- Master developed skills for Dribbling drills.
- Master developed skills for Passing drills.
- Master developed skills for Shooting drills.

Soccer

- Master developed skills for Ball-Control drills.
- Master developed skills for Dribbling drills.
- Master developed skills for Passing drills.
- Master developed skills for grouping, trap, pass, and follow.

Volleyball

- Master developed skills for Underhand Serve.
- Master developed skills for Overhead Pass (Set/Volley).
- Master developed skills for Forearm Pass (Bump).

Outdoor Recreation

- Class participation in outdoor recreation activities including cornhole, washerboard, can jam, ultimate Frisbee, bocce ball, and fleeing games.

Health

- Develop an understanding of the Skeletal System.
- Develop an understanding of the Muscular System.
- Develop an understanding of proper hygiene.

Reading/Mathematics

* Implementation of reading and mathematics during physical education by using the following techniques:

- o Word Race
- o Literacy Hippo
- o Multiplication Fitness