

# Physical Education

Scope and Sequence of ELA Curriculum  
Trinity Episcopal School, Galveston

Abbreviations: B = Beginning, D = Developing, S = Secure

Abbreviated Objective: Subject Division	Level									
	PK4	K	1	2	3	4	5	6	7	8
<b>Physical Fitness:</b>										
actively participate in fitness exercises and in games		B	D	S						
recognize that physical fitness is a component of healthy living			B	D	D	S				
identify physiological changes in the body during physical activity						B	D	S		
recognize the benefits of and methods of achieving cardiovascular fitness						B	D	S		
identify major muscle groups					B	D	S			
<b>Movement skills:</b>										
perform basic skills (skipping, sliding, hopping, galloping)		B	S							
perform forward, backward, sideways movement		B	S							
express body awareness and the body's relationship to space			B	D	S					
maintain balance with objects		B	D	S						
demonstrate mature motor patterns for kicking, striking, throwing and catching		B	D	D	S					
jump and land for height and distance using mature motor patterns		B	D	D	S					
<b>Lifetime games:</b>										
know and use the rules to various group games		B	D	D	D	D	S			
realize the benefit of practice on skill development		B	D	D	D	S				
recognize recreational activity as a component of healthy living			B	D	D	S				
participates in organized competitive sports								B	S	
<b>Personal values and social experience:</b>										
exercise self-control		B	D	S						
demonstrate appropriate social characteristics while participating in physical education			B	S						
identify feelings that result from participation in physical activities			B	D	D	S				
demonstrate an awareness of good sportsmanship and the need to play fair in games and activities		B	D	S						
demonstrate appropriate social skills in traditional dancing								B	S	
<b>Safety skills and attitudes:</b>										
perform physical skills without harm to self or others		B	D	S						
describe from a safety perspective rules and rationale for various activities and equipment			B	D	D	S				