



# Trinity Episcopal School

Galveston, Texas

## Physical Education

### Overview

Trinity Episcopal School carries out its mission to nurture and educate children through the three avenues of Mind, Body, and Spirit. As the only curriculum area specifically focused on bodily education, the Physical Education program promotes the knowledge, skills, and abilities that foster an active lifestyle. In an era in which both children and adults are consumed with sedentary activities and amusements, the school seeks to help students develop a working repertoire of active group games. The benefits of active play are valued so highly that students are scheduled for Physical Education on a daily basis. The program seeks the development of motor skills, cardio-vascular fitness, and flexibility. As a form of cooperative learning, active group play promotes team problem solving, conflict resolution, appropriate social interaction, as well as perspective taking. Sportsmanship is emphasized throughout the curriculum. The context of supervised team play is a rich environment for the development of emotional intelligence. In particular, we look for students with appropriate guidance to find their capacity to deal with disappointment as well as to be able to win without denigrating others. The emphasis with games is not about winning or losing; it is about enjoying the activity.

### Student Objectives

Begins:

Physical Fitness	
actively participate in fitness exercises and in games	K
recognize that physical fitness is a component of healthy living	1st
identify physiological changes in the body during physical activity	4th
Recognize the benefits of and methods of achieving cardiovascular fitness	4th
Identify major muscle groups	5th
Movement Skills	
perform basic skills (skipping, sliding, hopping, galloping)	K

perform forward, backward, sideways movement	K
express body awareness and the body's relationship to space	1st
maintain balance with objects	1st
Demonstrate mature motor patterns for kicking, striking, throwing and catching	3rd
Jump and land for height and distance using mature motor patterns	4th
<b>Lifetime Games</b>	
know and use the rules to various group games	K
Realize the benefit of practice on skill development	1st
Recognize recreational activity as a component of healthy living	1st
Participates in organized competitive sports	6th
<b>Personal Values and Social Experience</b>	
exercise self-control	K
demonstrate appropriate social characteristics while participating in physical education	1st
identify feelings that result from participation in physical activities	1st
demonstrate an awareness of good sportsmanship and the need for fair play in games and activities	1st
demonstrate appropriate social skills in traditional dancing	6th
<b>Safety Skills and Attitudes</b>	
Perform physical skills without harm to self or others	K
Describe from a safety perspective rules and rationale for various activities and equipment	1st