

Saint Thomas Aquinas School

Grades Kindergarten – 8

Physical Education Curriculum

State the purpose and objectives of this academic area.

The primary objective of the St. Thomas Aquinas School Physical Education program is to enhance fitness and to encourage physical activity not only during scheduled physical education classes, but also as a vital part incorporated into the individual's life style. The goals are set from the National Standards for Physical Education.

Provide individual course outlines or descriptions of programs or activities.

Goals:

- ◆ To demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities
- ◆ To demonstrate understanding of movement concepts, principals, strategies and tactics as they apply to the learning and performance of physical activities
- ◆ To participate regularly in physical activity
- ◆ To achieve and maintain health-enhancing level of physical fitness
- ◆ To exhibit responsible, personal and social behavior that respects self and others in physical activity settings
- ◆ To value physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Activities: Grades K-2

◆ Locomotive/non-locomotive skills	◆ Obstacle course
◆ Ball skills	◆ Scoops
◆ Bean bag skills	◆ Stations-to fit with special days and events
◆ Parachute activities	◆ Various warm-up and stretching activities
◆ Hula hoops	◆ Skill development

Activities: Grades 3-5

◆ Soccer	◆ Wiffle ball
◆ Flag football	◆ Games
◆ Basketball skills	◆ Obstacle course
◆ Fitness	◆ Floor hockey
◆ Jump roping	◆ Capture the flag
◆ Ball usage	◆ Relays
◆ Volleyball	◆ Track

Activities: Grades 6-8

◆ Soccer	◆ Wiffle ball
◆ Flag football	◆ Games
◆ Basketball skills	◆ Obstacle course
◆ Fitness	◆ Floor hockey
◆ Jump roping	◆ Relays
◆ Ball usage	◆ Track
◆ Volley ball	

What does the department, division or learning area consider its strengths?

The strengths of the Physical Education program include the support given by the students, faculty and the parents. The school now has a wonderful gymnasium which facilitates all of a physical educators needs. The willingness of the students to learn and participate truly helps this program run smoothly.

What does the department, division or learning area consider its weaknesses and what recommendations might be made regarding ways to improve?

There is a lack of equipment for certain physical activities that are crucial to a physical education program. The gymnasium is also used as an auditorium for the school and the parish community. There are scheduling conflicts which result in last minute location changes for the physical education department.