

ST LUKE SCHOOL
PHYSICAL EDUCATION CURRICULUM

Grades	September	October	November	December	January	February	March	April	May	June
3rd – 4th Grades	Intro/Guidelines/Safety Movement Exploration Space Awareness Ball skills with foot	Climbing Wall and Racket sport either badminton or pickleball	Racket Sport Continued Ball Skills with hands	Continue Ball skills with hands Intro Aerobic including 2 and 4 minute Energizer Bunny Run/Basics	Knights of Columbus Free Throw Contest DANCE	Jump Rope Fundamentals including long rope skills Jump Rope for Heart 6 and 8 minute Energizer Bunny Run	Practice Fitness Testing 10 minute Energizer Bunny Run Volleyball lead ups	Practice Presidential Fitness Tests IB integration - Pioneer Games	Basic Games including outdoor	Wrap-Up
5th – 6th Grades	Intro/Guidelines/Safety Soccer Basics/Lead-up	Golf or Badminton or Pickleball	Continue racket sport Basketball Lead ups	Continue Basketball	Knights of Columbus Free throw Contest DANCE	Jump Rope Agility/Speed Long rope	Jump Rope for Heart Volleyball lead-ups	Presidential Fitness Testing Hockey IB - Declaratio	Basic Games including outdoor	Wrap-Up

	Aerobic Lead-ups	Graded music runs						n of Independence Stations		
7th and 8th Grades	Intro/Guidelines/Safety Intro various warm-ups and Aerobic Running Soccer indoor and Outdoor Review/Teams Games	Indoor Racket Sport Badminton or Pickleball	Continue Indoor Racket Sport Basketball	Basketball	Knights of Columbus Free throw Contest DANCE	Jump Rope Volleyball	Jump Rope for Heart Volleyball	Presidential Fitness Testing Hockey Spike Ball	Outdoor Team Sport: Touch Football Ultimate Frisbee	Wrap-Up