

Archdiocese of Philadelphia



Physical Education Curriculum

Our Mission and Sacred Obligation

The mission of the Physical Education Curriculum Committee is to provide the best Physical Education opportunity for every student in the Archdiocese of Philadelphia, motivating them to the best use of their individual abilities. As Physical Educators, our sacred obligation is to foster in the student a lifelong love of fitness. This will equip them with the skills and understanding necessary to take care of the physical gift of their body that God has entrusted to them. Upon graduation from an Archdiocese of Philadelphia Elementary School, our students will be able to envision and pursue a healthy lifestyle while understanding the benefits of being physically, socially, and mentally fit. We believe the guidelines set below will equip educators with the tools necessary to provide our students with the best possible opportunity to achieve these goals.

AoP PE Curriculum Committee

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How to utilize this document:

The Archdiocese of Philadelphia Physical Education standards are broken into three developmental categories: Movement/skill development (M), Personal fitness/health development (P) and Social/behavioral development (S). The standards are listed by grade (K-8) then developmental category (M, P, or S) and then by the standard number. The committee formed these guidelines by first affirming the knowledge and skills that an 8th grade graduate should possess. Then, we worked down through the grades deconstructing each skill so that it was attainable for each grade level. Therefore, our curriculum document lists the 8th grade standards first.

8th Grade Guidelines

Movement/Skill Related Development		
8.M.1	Demonstrates mechanically correct form and control when combining and modifying movement skills in applied game settings.	
8.M.2	Sets goals to improve skill performance based on extrinsic AND intrinsic motivation.	
8.M.3	Demonstrates and describes when, where and how to use offensive, defensive and cooperative strategies during various activities.	
8.M.4	Applies both verbal and visual cues to improve performance of self and others and analyzes their effectiveness.	
Personal Fitness/Health Related Development		
8.P.1	Self-assesses level of physical activity and health related fitness, then develops a plan (including goals, strategies and technology) for maintenance or improvement.	
8.P.2	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
8.P.3	Strategizes ways to incorporate regular health enhancing and personally rewarding physical activities within and outside of the school setting.	
8.P.4	Can project the pursuit of a physically, socially and emotionally healthy lifestyle at various life stages.	
8.P.5	Demonstrates willingness in one or more modified versions of various games/sports, rhythmic, and recreational activities.	
8.P.6	Understands the legal, ethical and physical consequences of using performance enhancing drugs.	
8.P.7	Investigates and self-assesses the relationship among body composition, nutrition, use of harmful substances, family history, and levels of physical activity	
8.P.8	Assesses and monitors physiological responses before, during and after exercise and demonstrates the ability to modify exercise appropriately in response.	
8.P.9	Understands and demonstrates proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Development		
8.S.1	Exhibits Christ-like respect for the unique characteristics and abilities of peers.	
8.S.2	Demonstrates Christ-centered spirit of play and acts responsibly in physical activity settings.	
8.S.3	Analyzes, explains and demonstrates the role of self responsibility for personal safety and for the safety of others during physical activity.	
8.S.4	Understands their role in a positive interpersonal relationship and applies effective communication skills in a physical activity setting.	
8.S.5	Understands the importance of being a respectful steward of equipment and its use.	

7th Grade Guidelines

Movement/Skill Related Development		
7.M.1	Demonstrates a variety of movement sequences as found in aerobic and rhythmic activities.	
7.M.2	Uses skill combinations competently in modified or full versions of individual/dual/team activities.	
7.M.3	Applies biomechanical principles to understand and perform skillful movements.	
7.M.4	Compares and contrasts the use of movement skills and transfers the skills from one sport/activity to another.	
7.M.5	Displays appropriate use of speed, force and form in a variety of movement skills in order to be an effective and contributing player in small-sided games and sports.	
7.M.6	Assesses and applies the use of the appropriate skill at the appropriate time during all physical activities.	
7.M.7	Demonstrates offensive and defensive and cooperative strategies during a variety of activities.	
7.M.8	Uses feedback, including available technology, to improve skill performance.	
Personal Fitness/Health Related Development		
7.P.1	Develops a personal or targeted health-related fitness plan, using available tools, that includes goals, strategies and a timeline for improving at least three self-selected components of fitness.	
7.P.2	Describes and applies basic principles of training and their relationship to implementing safe and appropriate personal fitness programs utilizing the FITT principle.	
7.P.3	Describes and demonstrates a variety of training methods.	
7.P.4	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
7.P.5	Explains the physical, social and emotional value of a physically active lifestyle.	
7.P.6	Assesses and monitors physiological responses before, during and after exercise and demonstrates the ability to modify exercise appropriately in response.	
7.P.7	Identifies safe and unsafe practices and procedures for weight management, gaining strength and other fitness goals.	
7.P.8	Understands and demonstrates proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
7.S.1	Demonstrates Christ-like respect for differences, fair play and sportsmanship in physical activity settings.	
7.S.2	Works cooperatively and productively, whether as competitors or teammates.	
7.S.3	Explains and applies safety procedures, rules and etiquette in physical activity settings.	
7.S.4	Uses a Christ-like approach to solving problems, accepting challenges, resolving conflicts and accepting decisions and actions with reason and skill.	
7.S.5	Understands the importance of being a respectful steward of equipment and its use.	

6th Grade Guidelines

Movement/Skill Related Development		
6.M.1	Combines locomotor and manipulative skills into specialized sport skills and applies these sequences to partner, small-group and small-sided games situations.	
6.M.2	Demonstrates the ability to perform a variety of rhythmic movement sequences.	
6.M.3	Understands and applies basic offensive and defensive strategies during a variety of activities.	
6.M.4	Understands the principles of skill development, applies practice strategies and uses feedback to improve performance.	
Personal Fitness/Health Related Development		
6.P.1	Uses personal and/or normative data to develop personal goals for improvement in at least two fitness components.	
6.P.2	Understands basic principles of training and their relationship to implementing safe and appropriate personal fitness programs utilizing the FITT principle.	
6.P.3	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
6.P.4	Analyzes personal interests and strengths to inform everyday choices that benefit lifelong wellness.	
6.P.5	Identifies the physical, social and emotional value of a physically active lifestyle.	
6.P.6	Acknowledges and understands the positive and negative influence of peer pressure on decisions and actions.	
6.P.7	Demonstrates the ability to perform a self-paced aerobic activity, keeping in the appropriate target heart rate zone, and monitoring recovery rate.	
6.P.8	Understands and demonstrates proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
6.S.1	Demonstrates Christ-like respect for differences, fair play and sportsmanship in physical activity settings.	
6.S.2	Works cooperatively and productively, whether as competitors or teammates.	
6.S.3	Applies safety procedures, rules and etiquette in physical activity.	
6.S.4	Understands the importance of being a respectful steward of equipment and its use.	

5th Grade Guidelines

Movement/Skill Related Development		
5.M.1	Creates combinations of movement patterns found in a variety of rhythmic movement sequences.	
5.M.2	Demonstrates ball control skills necessary for participating in lead-up games and sports.	
5.M.3	Throws a variety of objects with accuracy and appropriate velocity.	
5.M.4	Understands basic offensive and defensive strategies of games during a variety of activities.	
5.M.5	Understands the importance of appropriate practice and how it relates to skill improvement.	
Personal Health/Fitness Related Development		
5.P.1	Understands the importance of activities that improve the 5 components of fitness.	
5.P.2	Demonstrates the elements of the FITT principle to develop appropriate cardiovascular fitness levels and can identify how the principle can be applied to other health-related fitness components.	
5.P.3	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
5.P.4	Understands how to work independently in pursuit of personal fitness goals.	
5.P.5	Understands how a healthy body, mind, and spirit can contribute to a positive self-esteem.	
5.P.6	Knows the relationship between physical activity and a healthy lifestyle.	
5.P.7	Demonstrates the ability to perform a self-paced aerobic activity, keeping in the appropriate target heart rate zone.	
5.P.8	Knows the importance of proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
5.S.1	Applies Christ-like respect while implementing strategies for including persons of different abilities in physical activity settings.	
5.S.2	Understands the necessity of working cooperatively and productively in group activities.	
5.S.3	Demonstrates an understanding for participation in non-traditional and cooperative games and sports.	
5.S.4	Understands the necessity to apply safety procedures, rules and etiquette in physical activity.	
5.S.5	Understands the importance of being a respectful steward of equipment and its use.	

4th Grade Guidelines

Movement/Skill Related Development		
4.M.1	Demonstrates a variety of rhythmic movements.	
4.M.2	Demonstrates striking, dribbling, throwing and catching in partner, small group and small-sided game situations.	
4.M.3	Recognizes that repetition is important for skill improvement.	
4.M.4	Respectfully seeks and/or provides relevant feedback to improve performance of sport skills.	
Personal Health/Fitness Related Development		
4.P.1	Correlates activities with the components of physical fitness.	
4.P.2	Identifies and performs a variety of activities that develop or maintain cardiovascular endurance.	
4.P.3	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
4.P.4	Approaches new skills with an open mind, a positive attitude and a willingness to participate to improve performance and enjoyment.	
4.P.5	Identifies how a health body, mind and spirit can contribute to a positive self-esteem.	
4.P.6	Identifies the benefits of physical activity and a healthy lifestyle.	
4.P.7	Understands target heart rate and how to monitor it.	
4.P.8	Knows the importance of proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
4.S.1	Works in a Christ-like manner, with those of all skill levels.	
4.S.2	Recognizes working cooperatively and productively in group activities.	
4.S.3	Understands the importance of maintaining the safety of self and others during physical activity.	
4.S.4	Integrates the knowledge of rules and boundaries during physical activity.	
4.S.5	Accepts responsibility for their actions in play situations.	
4.S.6	Understands the importance of being a respectful steward of equipment and its use.	

3rd Grade Guidelines

Movement/Skill Related Development		
3.M.1	Demonstrates the ability to use locomotor movements and combinations in rhythmic movements.	
3.M.2	Demonstrates catching and throwing patterns with balls and other developmentally appropriate objects.	
3.M.3	Demonstrates fundamental movement skills that must include but are not limited to: throwing, catching, kicking, striking, volleying, dribbling and rolling.	
3.M.4	Applies the fundamental movement skills in lead-up games and sports.	
3.M.5	Respectfully seeks and/or provides relevant feedback to improve performance of sport skills.	
Personal Fitness/Health Related Development		
3.P.1	Understands the 5 components of health-related fitness and can identify movements that promote each component.	
3.P.2	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
3.P.3	Recognizes that choosing to participate in physical activity can develop a healthy mind, body and spirit. .	
3.P.4	Compares and contrasts aerobic and anaerobic activities.	
3.P.5	Identifies the community resources available for participation in regular physical activity.	
3.P.6	Demonstrates proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
3.S.1	Identifies Christ-like behavior with others regardless of differences.	
3.S.2	Identifies and implements Christ-like behavior and comments during play situations.	
3.S.3	Follows proper safety methods and recognizes potential risks associated with physical activities.	
3.S.4	Understands that games have rules and boundaries and applies said knowledge during physical activity.	
3.S.5	Uses several positive conflict resolution strategies in game play situations.	
3.S.6	Understands the importance of being a respectful steward of equipment and its use.	

2nd Grade Guidelines

Movement/Skill Related Development		
2.M.1	Demonstrates the ability to perform locomotor skills in movement sequences.	
2.M.2	Demonstrates the concepts of spatial awareness in basic movements and rhythmic patterns.	
2.M.3	Demonstrates and can explain a variety of ways to establish a base of support and uses fundamental principles of maintaining balance.	
2.M.4	Kicks stationary and rolling ball with appropriate force while maintaining good balance.	
2.M.5	Demonstrates the ability to use an overhand throw using hand/foot opposition and correct body alignment from various distances.	
2.M.6	Demonstrates an underhand toss and/or roll using hand/foot opposition and correct body alignment from various distances.	
2.M.7	Knows various techniques for catching balls.	
2.M.8	Consistently volleys or strikes various objects with hand or suitable implement.	
2.M.9	Positively accepts and uses feedback to improve performance.	
Personal Fitness/Health Related Development		
2.P.1	Demonstrates the 5 components of a health-related physical fitness.	
2.P.2	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
2.P.3	Understands that physical activity produces feelings of enjoyment.	
2.P.4	Recognizes that there is a relationship between nutrition and physical activity.	
2.P.5	Recognizes the physiological indicators that accompany moderate to vigorous physical activity.	
2.P.6	Demonstrates proper warm-up, cool down and hydration before and after physical activity.	
Social/Behavioral Related Development		
2.S.1	Treats others with Christ-like respect during play.	
2.S.2	Demonstrates honesty when playing and reporting results.	
2.S.3	Demonstrates self-control in applying rules, procedures and safe practices during physical activity.	
2.S.4	Understands several positive conflict resolution strategies in game play situations.	
2.S.5	Understands the importance of being a respectful steward of equipment and its use.	

1st Grade Guidelines

Movement/Skill Related Development		
1.M.1	Identifies the basic elements of locomotor and non-locomotor skills.	
1.M.2	Demonstrates the ability to perform locomotor skills on different levels, pathways, directions and speeds.	
1.M.3	Demonstrates the ability to move while spatially aware.	
1.M.4	Demonstrates the ability to change direction and speed while maintaining their center of gravity.	
1.M.5	Demonstrates the ability to kick a stationary and rolling ball.	
1.M.6	Demonstrates a variety of ways to establish a base of support and uses fundamental principles of maintaining balance.	
1.M.7	Demonstrates an overhand throw using hand/foot opposition and correct body alignment.	
1.M.8	Demonstrates an underhand toss and/or roll using hand/foot opposition and correct body alignment.	
1.M.9	Knows how to align body and hands to catch a variety of objects.	
1.M.10	Demonstrates the ability to show hand eye coordination when striking with hand or suitable implement.	
Personal Fitness/Health Related Development		
1.P.1	Identifies the 5 components of health-related fitness.	
1.P.2	Completes an age-appropriate health-related fitness assessment and scores at an individually challenging level.	
1.P.3	Understands that physical activity produces feelings of enjoyment.	
1.P.4	Demonstrates the concept of pacing during cardiovascular endurance activities.	
1.P.5	Recognizes changes in heart rate and respiration during physical activity.	
1.P.6	Participates in proper warm-up, cool down and hydration.	
Social/Behavioral Related Development		
1.S.1	Demonstrates Christ-like respect by successfully working with other students.	
1.S.2	Understands and applies safe practices, rules and procedures.	
1.S.3	Resolves conflicts in a Christ-like manner.	
1.S.4	Recognizes the benefits that accompany honesty, cooperation and sharing.	
1.S.5	Understands the importance of being a respectful steward of equipment and its use.	

Kindergarten Guidelines

Movement/Skill Related Development		
K.M.1	Demonstrates a variety of locomotor skills.	
K.M.2	Demonstrates a variety of non-locomotor and gross motor skills.	
K.M.3	Demonstrates static and dynamic balance.	
K.M.4	Understands and uses spatial awareness while moving through a variety of play spaces where obstacles may be present.	
K.M.5	Runs at varying speeds with proper mechanics, including stopping, starting and changing direction, all while maintaining a center of gravity.	
Personal Fitness/Health Related Development		
K.P.1	Understands that physical activity produces feelings of enjoyment.	
Social/Behavioral Development		
K.S.1	Uses Christ-like respect when interacting with others.	
K.S.2	Demonstrates the ability to listen to directions and apply rules.	
K.S.3	Understands and applies safe practices and procedures.	
K.S.4	Demonstrates the ability to safely form lines and groups.	
K.S.5	Demonstrates the ability to take turns, partner and play in groups of varying sizes.	
K.S.6	Differentiates appropriate personal space according to time and place.	
K.S.7	Identifies and respects the boundaries of the play space.	
K.S.8	Understands the importance of being a respectful steward of equipment and its use.	