



City of Seminole Recreation

Homeschool P.E. Curriculum 25-26

10-month Physical Education Curriculum for Grades K–5 organized by Unit/Topic, with Learning Objectives, Skills Developed, Teaching Methods, and Assessment/Evaluation Methods. This plan provides progression while meeting fundamental movement standards for elementary students.

Month 1: Locomotor Movements & Spatial Awareness

- **Learning Objectives:**
 - Understand and demonstrate various locomotor movements.
 - Recognize and use space safely during movement.
- **Skills Developed:**
 - Walking, running, hopping, skipping, galloping, sliding, jumping.
 - Spatial awareness, body control.
- **Teaching Methods:**
 - Movement games (“Follow the Leader,” “Red Light, Green Light”).
 - Obstacle courses.
 - Individual and group exploration.
- **Assessment:**
 - Teacher observation with checklist.
 - Peer feedback on spacing and movement.

Month 2: Manipulative Skills – Throwing & Catching

- **Learning Objectives:**
 - Develop hand-eye coordination.
 - Perform basic throwing and catching techniques.
- **Skills Developed:**
 - Underhand and overhand throwing.
 - Catching at various levels.

- **Teaching Methods:**
 - Partner toss activities.
 - Throwing at targets.
 - Relay games using bean bags and balls.
- **Assessment:**
 - Skill rubric for technique.
 - Partner checklists.

Month 3: Balance & Coordination

- **Learning Objectives:**
 - Maintain balance in motion and stillness.
 - Improve coordination through movement.
- **Skills Developed:**
 - Static and dynamic balance.
 - Core strength and bilateral coordination.
- **Teaching Methods:**
 - Balance beam and agility ladders.
 - Yoga and animal walks.
 - Freeze tag and Simon Says.
- **Assessment:**
 - Performance tasks on balance stations.
 - Teacher observation with checklist.

Month 4: Jumping, Hopping & Landing

- **Learning Objectives:**
 - Perform controlled jumping and landing movements.
 - Understand safety and technique in vertical and horizontal jumps.
- **Skills Developed:**
 - Two-foot and one-foot takeoffs and landings.
 - Hopping, leaping, bounding.

- **Teaching Methods:**
 - Jump rope stations.
 - Long jump & vertical jump activities.
 - Rhythm-based jumping games.
- **Assessment:**
 - Peer scoring (e.g., on form or effort).
 - Jumping distance/time evaluations.

Month 5: Manipulative Skills – Kicking & Striking

- **Learning Objectives:**
 - Demonstrate controlled kicking and striking.
 - Use appropriate force and aim.
- **Skills Developed:**
 - Foot-eye and hand-eye coordination.
 - Accuracy and timing.
- **Teaching Methods:**
 - Kickball, balloon volleyball.
 - Dribbling with feet and soft paddles.
 - Strike-the-target challenges.
- **Assessment:**
 - Rubric-based skill stations.
 - Video self-assessment (for older students).

Month 6: Cooperative Games & Teamwork

- **Learning Objectives:**
 - Participate respectfully in group activities.
 - Develop social-emotional and team-building skills.
- **Skills Developed:**
 - Communication, turn-taking, leadership.
 - Problem-solving and group strategy.

- **Teaching Methods:**
 - Parachute games.
 - Partner challenges and relay races.
 - Trust-building activities.
- **Assessment:**
 - Peer and self-assessment checklists.
 - Teacher observation of cooperation and behavior.

Month 7: Fitness & Health Awareness

- **Learning Objectives:**
 - Understand basic fitness components.
 - Engage in physical activities that improve endurance, strength, and flexibility.
- **Skills Developed:**
 - Cardiovascular fitness, muscular strength, flexibility.
 - Goal setting for personal fitness.
- **Teaching Methods:**
 - Circuit training (age-appropriate).
 - Fitness games (e.g., Fitness Bingo).
 - Intro to yoga and stretching.
- **Assessment:**
 - Baseline fitness assessments (e.g., sit-ups, shuttle run, etc.).
 - Personal progress logs.

Month 8: Rhythmic Movement & Dance

- **Learning Objectives:**
 - Move to rhythm and music.
 - Express self through movement.
- **Skills Developed:**
 - Timing, coordination, self-expression.
 - Following rhythmic patterns.

- **Teaching Methods:**
 - Line dances, aerobic routines.
 - Cultural dances and movement patterns.
 - Use of scarves, hoops, and music.
- **Assessment:**
 - Performance rubric (creativity, rhythm, effort).
 - Group presentation or mini-recital.

Month 9: Introduction to Sports Skills

- **Learning Objectives:**
 - Learn basic rules and skills of selected sports.
 - Practice sportsmanship and fair play.
- **Skills Developed:**
 - Dribbling, passing, shooting (basketball/soccer).
 - Batting, fielding, running (baseball/softball).
 - Net skills (volleyball/tennis basics).
- **Teaching Methods:**
 - Modified games with simplified rules.
 - Skill stations and mini-drills.
 - Team-based rotations.
- **Assessment:**
 - Teacher rubric (effort, technique, teamwork).
 - Student reflection on sportsmanship.

Month 10: Field Day & Review

- **Learning Objectives:**
 - Apply learned skills in a variety of games.
 - Celebrate progress and participate in fun competition.
- **Skills Developed:**
 - Application of combined skills.

- Team spirit, sportsmanship, strategy.
- **Teaching Methods:**
 - Field Day events (sack race, relay, tug-of-war, etc.).
 - Review games and stations from the year.
 - Student choice activities.
- **Assessment:**
 - Participation and attitude.
 - Informal observation.
 - Student feedback surveys.