

# Wyoming Department of Education Required Virtual Education Course Syllabus

## BIG HORN COUNTY SCHOOL DISTRICT

Program Name	WYCA	Content Area	Physical Education
Course ID	CAEL74428	Grade Level	K
Course Name	Physical Education K	# of Credits	0.5
SCED Code	NoCourseSCED	Curriculum Type	Connections Academy

### COURSE DESCRIPTION

*In this course, PE encourages students to develop their fine motor skills, movement, and confidence to enjoy healthy physical activity regularly. A combination of interactive and hands-on activities teaches students essential skills. Students learn how to respect themselves and OTs while playing.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

PE2.1.1	Students demonstrate fundamental locomotor skills.
PE2.1.2	Students demonstrate fundamental body control skills.
PE2.1.3	Students demonstrate developing control of fundamental manipulative skills.
PE2.1.4	Students demonstrate fundamental movement concepts related to space, effort, and relationships.
PE2.1.5	Students identify critical elements of fundamental locomotor skills.
PE2.1.6	Students identify critical elements of fundamental body control skills.
PE2.1.7	Students identify critical elements of fundamental manipulative skills.
PE2.1.8	Students identify critical elements of fundamental movement concepts related to space, effort, and relationships.
PE.2.2.1	Students identify current levels of personal health-related fitness.
PE.2.2.2	Students identify the health benefits of physical activity.
PE.2.2.3	Students identify the principles, components, and practices of health-related fitness.
PE.2.2.4	Students engage in a variety of physical activities that will enhance health-related fitness.
PE.2.3.1	Students know and follow procedures and safe practices.
PE.2.3.3	3 Students exhibit persistence when participating in a variety of physical activities.
PE.2.3.4	Students discover that physical activities promote self-expression and positive social interaction.

### SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES
<p><b>Unit 1: Physically Active Lifestyle</b></p> <p>In this unit, your student will learn to explain the benefits of physical activity and ways to be physically active. Your student will also learn the importance of participating in physical activity outside of school and be able to distinguish and identify physical activities that are enjoyable and those that are not. By the end of the unit, your student will understand the importance of having a physically active lifestyle.</p>	PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE.2.3.1,, PE.2.3.3, PE.2.3.4	<ul style="list-style-type: none"> <li>Investigate the benefits of physical activity</li> <li>Engage regularly in moderate physical activities outside PE class</li> <li>Explain and participate in physical activities that are enjoyable</li> </ul>
<p><b>Unit 2: Introduction to Common Movements</b></p> <p>This unit will introduce your student to movement patterns such as throwing, kicking, and catching that are commonly used during physical activities. Your student will also be able to identify directional patterns such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of. These patterns are also used in sports and physical activities. Your student will understand the roles and importance of stretching and balancing. At the end of the unit, she will understand how fundamental movement patterns help accomplish physical activities.</p>	PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE.2.3.1, PE.2.3.3, PE.2.3.4	<ul style="list-style-type: none"> <li>Develop the fundamental movement patterns of throwing, catching, and kicking</li> <li>Identify directional patterns used in physical activity</li> <li>Distinguish between the different ways you can play with a ball</li> <li>Stretch properly and explain the importance of stretching</li> <li>Demonstrate balance while bearing weight on various body parts and experiment with moving to a steady beat.</li> </ul>
<p><b>Unit 3: Let's Move</b></p> <p>This unit will introduce your student to how movements are utilized in various physical activities. Your student will also be introduced to the different parts of the body that are used in physical activities. Your student will be able to distinguish between slow and fast movements and understand the difference between personal and general space. Your student will be able to demonstrate head flexion, extension, and rotation. At the end of the unit, your student will understand how to apply different types of movements to physical activities.</p>	PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE.2.3.1, PE.2.3.3, PE.2.3.4	<ul style="list-style-type: none"> <li>Differentiate between fundamental movement patterns</li> <li>Diagram the different parts of the body that are used in physical activity</li> <li>Distinguish between a slow and fast movement when traveling</li> <li>Demonstrate movement forms of various body parts</li> <li>Determine between general and personal space</li> </ul>

<p><b>Unit 4: Effects of Exercise</b></p> <p>In this unit, your student will be able to describe changes that take place in the body during exercise. She will also be able to explain the role of the lungs during exercise. Your student will be able to understand why sleep is important to overall health and why daily physical activity is important. By the end of the unit, your student will be able to describe ways to stay fit and why staying fit is important.</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> <li>• Discover changes that take place in the body during exercise</li> <li>• Examine the role of the lungs during exercise and discover what muscles are and their role in fitness</li> <li>• Discover the importance of a daily physical activity</li> <li>• Tell why sleep is necessary for the body to function properly</li> <li>• Recognize appropriate exercises to increase flexibility</li> </ul>
<p><b>Unit 5: Responsibility, Respect, and Enjoyment</b></p> <p>In this unit, your student will be able to understand how to dress for physical activity and why it is important to follow rules. Your student will also learn the basics of water safety, as well as how to use sporting equipment properly. Your student will also learn how to respond to physical activity emergencies during this unit. Your student will be able to describe the positive feelings produced by engaging in physical activity. Your student will understand why it is important to try new physical activities. At the end of the unit, your student will be able to understand how he should interact with others during physical activity and explain the benefits of having personal responsibility and respect for others, as well as understand that physical activity provides enjoyment while interacting with others.</p>	<p>PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> <li>• Explain why it is important to know and follow rules in physical activity</li> <li>• Explain and summarize how to use equipment and sportswear to play safely and prevent injuries</li> <li>• Explain appropriate water safety rules and how to react during emergencies</li> <li>• Explain that physical activity provides the opportunity for positive social interaction</li> <li>• Describe positive feelings produced while engaging in physical activity and explain why it is important to try new activities</li> </ul>