

P.E. CURRICULUM



Physical Fitness is a major component of physical education here at the Cedar Grove-Belgium Schools. The activities and the games we play are aimed at physical fitness. It is not uncommon to have one PE day every so often that is designated as Fitness Day. We do administer Physical Fitness tests in the fall and again in the spring. These are used to see if we as a school and as a district are doing the right thing. We also can see where each student's strengths and weaknesses might be.

Month	Grades 3-4	Grades 1-2	Kindergarten
September	Flag Football activities Fall Fitness testing	Warm-ups Spatial awareness Loco-motor activities	Warm-ups Spatial awareness Levels(High-Med-Low)
October	Soccer Skills Volleyball Skills Jump rope Skills (Long and short)	Overhand Throw/Catch Parachute activities Scooterville	Bean bag Hula Hoops Parachute activities Scooterville
November	Basketball Skills Scooterville	Jump rope Skills (Long and short) Omni ball activities	Animal walks Omni ball activities Jump rope activities
December	Tumbling Dance/Rhythms Cooperative activities	Tumbling Dance/Rhythms	Holiday unit Rhythms
January	Hockey activities Frisbee activities	Softee polo Jumping/Landing Ball skills	Bowling Jumping/Landing Scoops and Balls
February	Heart Adventure Fitness stations	Heart Adventure Fitness stations	Tumbling
March	Striking activities (Whiffle ball)	Striking activities (Whiffle ball)	T-ball Chasing/Fleeing/ Dodging activities
April	Track & Field activities	Introduce Track & Field Activities	Introduce Track Relays
May/June	Physical fitness testing Outside activities	Physical fitness testing Outside activities	Introduce physical fitness testing Outside activities

