Marlborough Elementary School

Physical Education Program Content

*Assorted skills, activities, and games our students will participate in as a part of our P.E. program:*

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**Locomotor Movement**: Students will learn to move their bodies in different ways throughout open space. Chasing and fleeing games, invasion games, and tagging games will be included in this unit.

**Throwing and Catching**: Students will learn and refine their underhand and overhand throwing skills while working on catching as well.

**Balance**: Younger students will work on both static (stationary) and dynamic (moving) balance.

**Parachute**: Younger students will have the opportunity to use the parachute, a favorite of many younger students.

**Dribbling with Hands and Basketball Skills**: Students will learn and refine their basketball skills including dribbling, passing, and shooting.

**Scooters**: Students will have the opportunity to move on scooters and play different scooter games, a favorite for students of all ages and myself.

**Rolling and Tumbling**: Younger students will learn and refine their skills in tumbling and rolling.

**Volleying**: Students will learn and refine their volleying skills, utilizing assorted equipment.

**Striking with Implements**: Students will learn and refine their striking skills. Students will practice their striking with hockey sticks and rackets.

**Dribbling with Feet and Soccer Skills**: Students will learn and refine their soccer skills including dribbling, passing, and shooting.

**Rolling and Fielding**: Students will learn and refine their rolling and fielding skills. Younger students will focus on rolling and fielding in relation to baseball/softball. Older students will focus on rolling/fielding in relation to baseball/softball and bowling as well.

**Cooperative and Recreational Games**: Students of the older grades will display sportsmanship and cooperation in our unit of cooperative and recreational games that are quickly growing into staples as far as movement activities go.

*NEW THIS YEAR!* **Lacrosse**: Students will learn and refine the skills associated with one of the fastest growing games in America including cradling, scooping, passing, shooting.

*Revised 2/27/18*