

**PHYSICAL EDUCATION CURRICULUM**  
**PEKIN PUBLIC SCHOOLS DISTRICT #108**

**Goal 1**      *Physical.*  
 [PE-PHYS]

**Outcome 01**    *Students will participate in daily physical activity to the best of their abilities.*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
Students will participate in physical activities at least 30 minutes per day. <div style="text-align: right;">PE-PHYS-99-01-311</div>	Students will participate in physical activities at least 30 minutes per day. <div style="text-align: right;">PE-PHYS-99-01-611</div>	Students will participate in physical activities at least 30 minutes per day. <div style="text-align: right;">PE-PHYS-99-01-811</div> Students will put forth maximum effort each day in class. <div style="text-align: right;">PE-PHYS-99-01-812</div>

# PHYSICAL EDUCATION CURRICULUM

## PEKIN PUBLIC SCHOOLS DISTRICT #108

**Goal 1**      *Physical*  
 [PE-PHYS]

**Outcome 02**    *Students will perform basic skills correctly to the best of their abilities.*

### Objectives by Grade Level

Grade Three	Grade Six	Grade Eight
Students will demonstrate appropriate to grade level the skill of skipping. PE-PHYS-99-02-321	Students will demonstrate appropriate to grade level the skill of striking. PE-PHYS-99-02-621	Students will demonstrate appropriate to grade level the skill of kicking by successfully participating in games and activities. PE-PHYS-99-02-821
Students will demonstrate appropriate to grade level the skill of catching. PE-PHYS-99-02-322	Students will demonstrate appropriate to grade level the skill of kicking. PE-PHYS-99-02-622	Students will demonstrate appropriate to grade level the skill of catching by successfully participating in games and activities. PE-PHYS-99-02-822
Students will demonstrate appropriate to grade level the skill of hopping. PE-PHYS-99-02-323	Students will demonstrate appropriate to grade level the skill of throwing. PE-PHYS-99-02-623	Students will demonstrate appropriate to grade level the skill of throwing by successfully participating in games and activities. PE-PHYS-99-02-823
Students will demonstrate appropriate to grade level the skill of running. PE-PHYS-99-02-324	Students will demonstrate appropriate to grade level the skill of catching. PE-PHYS-99-02-624	Students will demonstrate appropriate to grade level the skill of striking by successfully participating in games and activities. PE-PHYS-99-02-824
Students will demonstrate appropriate to grade level the skill of galloping. PE-PHYS-99-02-325	Students will demonstrate appropriate to grade level the skill of moving (locomotion). PE-PHYS-99-02-625	
Students will demonstrate appropriate to grade level the skill of sliding. PE-PHYS-99-02-326		
Students will demonstrate appropriate to grade level the skill of forward roll. PE-PHYS-99-02-327		
Students will demonstrate appropriate to grade level the skill of dribbling with feet. PE-PHYS-99-02-328		
Students will demonstrate appropriate to grade level the skill of single bounce jump-rope. PE-PHY-99-02-329		

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**Goal 1**  
 [PE-PHYS]

*Physical*

**Outcome 03** *Students will understand the importance of, and demonstrate to the best of their abilities, strength and endurance in the following areas: cardiovascular fitness, gross and fine motor skills, kinesthetic awareness, and muscular development..*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
<p>Students will use a variety of activities to measure their individual fitness level.  <span style="float: right;">PE-PHYS-99-03-331</span></p>	<p>Students will use a variety of activities to improve and measure individual fitness levels.  <span style="float: right;">PE-PHYS-99-03-631</span></p>	<p>Students will participate in fitness activities in each class period.  <span style="float: right;">PE-PHYS-99-03-831</span></p> <p>Students will demonstrate progress by periodic fitness testing and analysis.  <span style="float: right;">PE-PHYS-99-03-832</span></p> <p>Students will participate regularly in activities that enhance fitness.  <span style="float: right;">PE-PHYS-99-03-833</span></p>

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**Goal 1**      *Physical*  
[PE-PHYS]

**Outcome 04**    *Students will develop physical and recreational skills that they may use to improve the quality of their life as adults.*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
<p>Students will demonstrate the lifetime recreational skill of locomotor movement through a variety of recreational activities.</p> <p style="text-align: right;">PE-PHYS-99-04-341</p>	<p>Students will demonstrate the ability to use a variety of recreational activities.</p> <p style="text-align: right;">PE-PHYS-99-04-641</p>	<p>Students will demonstrate the ability to use a variety of recreational activities.</p> <p style="text-align: right;">PE-PHYS-99-04-841</p> <p>Students will demonstrate the ability to use basic offensive and defensive strategies in modified team sports.</p> <p style="text-align: right;">PE-PHYS-99-04-842</p>

**PHYSICAL EDUCATION CURRICULUM**  
**PEKIN PUBLIC SCHOOLS DISTRICT #108**

**Goal 2**      *Emotional*  
 [PE-EMTL]

**Outcome 01**    *Students will develop self-esteem as evidenced by hygiene, conduct, posture, and peer relationships.*

**Objectives by Grade Level**

Grade Three	Grade Six	Grade Six
Students will demonstrate good hygiene using gym shoes and socks for P.E. class. PE-EMTL-99-01-311	Students will create and display a variety of posters and other written information regarding hygiene, conduct, posture, and peer relationships. PE-EMTL-99-01-611	Students will demonstrate good hygiene, personal cleanliness, and attention to appearance and posture. PE-EMTL-99-01-811
Students will interact positively with peers in a group manner. PE-EMTL-99-01-312	Students will perform before a peer or community audience. PE-EMTL-99-01-612	Students will demonstrate positive conduct through good decision making and by following rules and instructions. PE-EMTL-99-01-812
		Students will interact positively with peers. PE-EMTL-99-01-813

**PHYSICAL EDUCATION CURRICULUM**  
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**Goal 2**  
 [PE-EMTL]

*Emotional*

**Outcome 02** *Students will develop self-discipline as evidenced by the ability to maintain control of their own behavior, conduct themselves according to the expectations of the program, and set and achieve goals.*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
<p>Students will participate in a group in order to improve their own physical fitness.</p> <p style="text-align: right;">PE-EMTL-99-02-321</p>	<p>Students will use a variety of individual, team, and small group activities to practice conflict resolution and self-control.</p> <p style="text-align: right;">PE-EMTL-99-02-621</p>	<p>Students will maintain control of their own behavior.</p> <p style="text-align: right;">PE-EMTL-99-02-821</p> <p>Students will conduct themselves according to the expectations of the program.</p> <p style="text-align: right;">PE-EMTL-99-02-822</p> <p>Students will set and achieve goals.</p> <p style="text-align: right;">PE-EMTL-99-02-823</p>

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**Goal 2**      *Emotional*  
 (PE-EMTL)

**Outcome 03**    *Students will develop an enjoyment of participating in physical activities.*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
<p>Students will experience a variety of physical activities at an age appropriate level.</p> <p style="text-align: right;">PE-EMTL-99-03-331</p>	<p>Students will participate in a variety of physical activities in a non-threatening, low-stress atmosphere.</p> <p style="text-align: right;">PE-EMTL-99-03-631</p>	<p>Students will participate in physical activities on their own.</p> <p style="text-align: right;">PE-EMTL-99-03-831</p> <p>Students will participate in physical activities in a non-threatening environment.</p> <p style="text-align: right;">PE-EMTL-99-03-832</p>

**PHYSICAL EDUCATION CURRICULUM**  
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**Goal 2**      *Emotional*  
(PE-EMTL)

**Outcome 04**    *Students will develop a sense of fair play as demonstrated by their compliance with the rules of games and activities.*

**Objectives by Grade Level**

<b>Grade Three</b>	<b>Grade Six</b>	<b>Grade Eight</b>
Students will participate in an organized game. PE-EMTL-99-04-34	Students will officiate and democratically enforce rules of games. PE-EMTL-99-04-641	Students will comply with the rules of games and activities. PE-EMTL-99-04-841
Students will demonstrate principles of fair play through participation in physical activities. PE-EMTL-99-04-32	Students will verbally define fair play. PE-EMTL-99-04-641	Students will officiate their own games. PE-EMTL-99-04-842
		Students will define fair play. PE-EMTL-99-04-843