



Sunrise Montessori
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Napa Valley

Physical Education Curriculum

Kindergarten: Introduction to Physical Education

The Kindergarten student is moving: both non-locomotor (bending, stretching, balancing, and creating shapes with their bodies) and locomotor skills (running, hopping, galloping, skipping, jumping, and sliding) are integrated into the PE program for this age group. The students move to a beat during warm-ups and practice cooperative learning games. Occasionally, the Kindergarten children are involved in a special activity with the lower and/or upper elementary students where they play and problem solve together in a buddy system manner, such as during our Halloween relays. We reinforce the knowledge of colors, shapes, directions, and how we can find our personal space while having fun.

Lower Elementary: Respect and Personal Best

The lower elementary students are introduced to the PE "classroom" and learn respect for each other and the equipment. We review how to find their personal space and how to be safe while having fun. It is a non-competitive environment except for those who are trying to achieve his or her own Personal Best (with self). The students understand how to warm-up and why it is important to stretch. We learn about muscles and bones and how the heart works. We check our heart rates while resting and exercising. By the end of the calendar year, we play lead-up games such as volleyball with a beach ball so that all achieve success and learn how to work together making movement more enjoyable. The students work in small groups and with partners by now. The third year students are introduced to "The Presidential Fitness Tests". We review the technique of each activity and perform the test for the "fun of it". Tests include: curl ups, push ups, shuttle run, 1/2 mile run and the sit and reach. This gives the students a base- line score to compare and see how their scores improve each year.

Upper Elementary: Trust and Challenge

The students are now ready for more challenging activities. They perform cooperative and risk-taking skills in the beginning of the year to create a sense of trust and challenge among their classmates. We continue with lead-up activities, but then go on to sports such as ultimate ball or frisbee golf, pig ball, basketball, and volley ball. Racket sports, juggling, jump rope and scooter boards are also popular. We move to music, square dance, calculate our Target Heart Rate, and take a field trip to run the mile for the completion of our Presidential Fitness testing. The students keep a portfolio and write personal and physical goals for themselves in the class. It is so rewarding to see how they strive to achieve their personal best and also assist others in achieving their best scores!