

PHYSICAL EDUCATION / GRADES 9-12

Students will:

- Have the skills, knowledge, interest, and desire to independently maintain an active lifestyle throughout their life
- Display appropriate etiquette, ways of interacting, care of equipment, and safety in the setting of an activity
- Demonstrate an understanding of the rules and strategies of a sport or activity and apply them appropriately
- Identify correctly the critical elements for successful performance within the context of activity
- Demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs
- Identify and understand how physical activity provides personal enjoyment, challenge, self-expression and social interaction
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness: FIT=frequency, intensity and time
- Describe and demonstrate the significance of some basic physiological principles to the development of a personal fitness program
- Attain and maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthy lifestyle
- Accept the responsibility for taking a leadership role and willingly follow as appropriate in order to accomplish group goals
- Seek and select physical activities from a variety of movement forms based on personal interest, meaning and fulfillment



OUR MISSION

The Pentucket Regional School District seeks to inspire its students with a love of learning and to enable them to develop their academic potential and individual talents in an atmosphere that cultivates independent thinking. We will prepare our students to develop respect for others and to be responsible citizens of a global society.

OUR VALUES

Respect
Accountability
Integrity
Opportunity

Schools in the Pentucket Regional School District are dedicated to providing an up-to-date and challenging curriculum at each grade level. These curriculum brochures represent an overview of the comprehensive competencies at each grade level and in each subject and/or specialist area. Students and parents are able to review the rich curriculum offered in our District.

Pentucket Regional School District does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, disability, or age.



Dr. Frederick N. Sweetsir School
104 Church Street
Merrimac, MA 01860
Tel: 978-346-8319/Fax: 978-346-7844
Grades Pre K-2

Helen R. Donaghue School
2 Union Street Extension
Merrimac, MA 01860
Tel: 978-346-8921/Fax: 978-346-7839
Grades 3-6

Dr. Elmer S. Bagnall School
253 School Street
Groveland, MA 01834
Tel: 978-372-8856/Fax: 978-521-8956
Grades Pre K-6

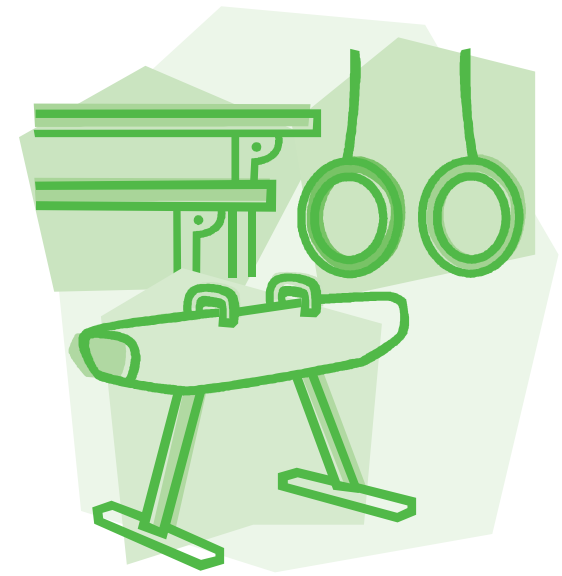
Dr. John C. Page School
694 Main Street
West Newbury, MA 01985
Tel: 978-363-2671/Fax: 978-363-2234
Grades Pre K-6

Pentucket Regional Middle School
20 Main Street
West Newbury, MA 01985
Tel: 978-363-2957/Fax: 978-363-2720
Grades 7-8

Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
Tel: 978-363-5507/Fax: 978-363-2730
Grades 9-12

Central Services
Office of the Superintendent
Office of the School Committee
22 Main Street
West Newbury, MA 01985
Tel: 978-363-2280/Fax: 978-363-1165

Visit us @ www.prsd.org



PHYSICAL EDUCATION CURRICULUM GRADES K-12



PENTUCKET REGIONAL SCHOOL DISTRICT

Groveland
Merrimac
West Newbury

Pentucket ... a culture of continuous learning

PHYSICAL EDUCATION / GRADES K-6

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Students will:

- Begin to understand the importance of physical activity
- Engage in physical activities
- Associate positive feelings with participation in physical activity
- Try new movement activities and skills
- Recognize the joy of shared play
- Interact positively with students in class regardless of personal differences (e.g., race, gender, disability)

GRADE 1

Students will:

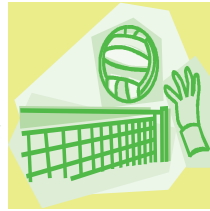
- Develop positive attitudes toward participation in physical activity
- Apply, with teacher reinforcement, classroom rules, procedures and safe practices
- Develop basic movement concepts including personal and general space, directions, levels, balance and pathways
- Use a variety of manipulative (throwing, catching), locomotor (walking, running, skipping, galloping, hopping, sliding, jumping, leaping), and non locomotor skills (twisting, balancing, extending)
- Apply appropriate concepts to performance (e.g., change direction while running)
- Establish a beginning movement vocabulary (e.g., personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist)



GRADE 2

Students will:

- Develop a better understanding of the importance of physical activity
- Demonstrate mature form in skipping, hopping, galloping and sliding
- Demonstrate mature motor patterns in simple combinations (e.g., dribbling while running)
- Demonstrate control in traveling activities and weight bearing and balance activities on a variety of body parts
- Demonstrate smooth transitions between sequential motor skills (e.g., running into a jump)



GRADE 3

Students will:

- Follow, with few reminders, activity-specific rules, procedures, and etiquette
- Identify the critical elements of basic movement patterns
- Apply movement concepts to a variety of basic skills
- Use feedback to improve performance
- Exhibit the ability to adapt and adjust movement skills to uncomplicated, yet changing environmental conditions and expectations (e.g., partner needs for force production, tossing a ball to a moving partner, rising and sinking while twisting, using different rhythms)
- Utilize safety principles in activity situations



GRADE 4

Students will:

- Be able to explain the benefits of physical activity
- Demonstrate mature form in all locomotor patterns and selected manipulative and non locomotor skills
- Adapt a skill to the demands of a dynamic, unpredictable environment
- Acquire beginning skills of a few specialized movement forms
- Combine movement skills in applied settings

GRADE 5

Students will:

- Recognize physical activity as a positive opportunity for social and group interaction
- Recognize and apply concepts that impact the quality of increasingly complex movement performance
- Throw a variety of objects demonstrating both accuracy and force (e.g., basketball, footballs, Frisbees)
- Demonstrate beginning strategies for net and invasion games
- Apply critical elements to improve personal performance in fundamental and selected specialized motor skills
- Use critical elements of fundamental and specialized movement skills to provide feedback to others
- Demonstrate enjoyment from participation in physical activities



GRADE 6

Students will:

- Participate in establishing rules, procedures, and etiquette that are safe and effective for specific activity situations
- Work cooperatively and productively in a group to accomplish and set goals in both cooperative and competitive activities
- Identify and apply principles of practice and conditioning that enhance performance
- Recognize general characteristics of movement that can be applied to specific settings (e.g., similarity of the ready position in striking movement forms)
- Use basic offensive and defensive strategies in non-complex settings
- Participate in moderate to vigorous physical activity in a variety of settings
- Monitor intensity of exercise

PHYSICAL EDUCATION / GRADES 7-8

Students will:

- Describe principles of training and conditioning for specific physical activities
- Demonstrate knowledge of rules, etiquette and sportsmanship of various sports and physical activities
- Understand and apply more advanced movement and game strategies
- Use information about performance to adjust practice procedures to improve skill performance
- Assess physiological indicators of exercise during and after physical activity
- Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings
- Try new and challenging activities
- Understand how participating in physical activities can promote physical fitness as well as relieve mental and emotional tension