



Curriculum Overview PHYSICAL EDUCATION Cycles 1 and 2

Japhet School's mission is to nurture and prepare each child for life by integrating character education with a strong academic program.

MONTH	CHARACTER QUALITY	All classes (Kindergarten through Upper) follow the below using age-appropriate versions and equipment.			
		UNIT	INTELLECTUAL	PHYSICAL	UNIT SKILLS
September	Reliability or Initiative	Physical Fitness	Listening, Remembering, Following Directions	Cardio, Strength, Stretching, Agility Bending, Balancing	Jogging, Crunches, Pushups, Squats, Jumping Jacks
October	Judgment or Courage	Soccer	Self-Control, Spatial Awareness, Teamwork	Endurance, Speed, Starting, Stopping	Kicking, Dribbling, Ball Control, Passing, Team Play
November	Patriotism or Gratitude	Lawn Games	Respect for Others, Aim, Hand-Eye Coordination	Coordination, Accuracy	Tossing, Throwing, Dropping, Hitting
December	Joy or Obedience	Games	Encouragement, Sportsmanship	Balance, Coordination	Game Skills
January	Industry or Punctuality	Volleyball	Teamwork, Strategy	Stretching, Jumping	Serving, Passing, Bumping, Setting, Spiking, Blocking
February	Humility or Justice	Basketball	Positioning, Adapting to Changes, Decision Making	Jumping, Sprinting, Endurance	Dribbling, Shooting, Passing, Lay-ups, Positions, Plays
March	Peace or Respect for Self	Floor Hockey	Self-Control, Teamwork	Endurance	Passing, Receiving, Stick Control, Shooting, Dribbling,
April	Thrift or Respect for Others	Football	Self-Control, Humility	Speed, Agility, Reflex	Kicking, Passing, Throwing, Catching
May	Personal Habits or Self-Control	Kickball	Decision-Making, Timing, Patience, Estimating	Strength, Speed	Kicking, Throwing, Catching, Base Running

Note: These are main focus areas for each unit. The Intellectual and Physical elements of P.E. are encouraged and reinforced in every class.

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