

# Harford County Public Schools

## Meeting the Maryland State Department Voluntary State Curriculum Standards for Elementary



### *Elementary Physical Education and Health*

The Elementary Physical Education curriculum is based upon students' motor, cognitive, social, and emotional development at each grade level. Through structured and sequential learning experiences, students develop motor skills and an understanding of major fitness, safety, and physical activity concepts. Each student is encouraged to work to his/her potential while practicing and problem solving, both independently and with others. Informal and formal assessments occur regularly and are used to share progress with students and guide teachers as they adjust instruction to benefit each individual. Through successful participation in the elementary physical education program, students begin to acquire the concepts, competencies, and confidence which motivate regular participation in enjoyable and healthful physical activities.

*Jacqueline C. Haas, Ed.D.  
Superintendent*

## Elementary Physical Education

The Physical Education program for Harford County Public Schools follows the Maryland State Department Voluntary State Curriculum Standards.

These summarized standards include:

### **1. Exercise Physiology:**

Students will demonstrate the use of scientific principles to design and participate in regular physical activity to improve lifetime wellness.

### **2. Biochemical Principles:**

Students will demonstrate the ability to use biomechanical principles to improve safe movement patterns.

### **3. Social Psychological Principles:**

Students will demonstrate the ability to use character development skills to work effectively and positively with others during physical activity.

### **4. Motor Learning Principles:**

Students will demonstrate the ability to use motor skill principles to improve the quality and efficiency of their movement.

### **5. Physical Activity:**

Students will be able to create an individual wellness plan based on information obtained from the associated standards and adhere to that plan.

### **6. Skillfulness:**

Students will demonstrate the ability to improve their motor performance in a variety of settings.



## Kindergarten - *The students will:*

- demonstrate balance skills
- work cooperatively in small groups and/or learning centers to improve performance
- recognize the impact of activity on their heart rate
- track objects

## Grade One—*The students will:*

- demonstrate opposition when throwing and catching
- strike stationary objects
- engage in cooperative activities by taking turns, sharing, and demonstrating sportsmanship
- performs locomotor skills

## Grade Two—*The students will:*

- understand the importance of fitness and nutrition in their life
- apply a basic understanding of direction, pathway, and levels of locomotor and non-locomotor skills
- explain the components of fitness
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## Grade Three—*The students will:*

- reflect on daily health decisions for individual wellness
- utilize adjustments in body alignment to improve performance
- actively participate in group strategies to improve game play

## Grade Four—*The students will:*

- engage in repeated practice using feedback to improve motor performance
- recognize and adjust to the effects of speed, trajectory, and force on motor performance
- create and implement a personal fitness plan
- provide positive feedback to peers

## Grade Five—*The students will:*

- self-correct and peer coach to improve motor performance
- understand the importance of daily exercise and nutrition for a healthy lifestyle
- recognize and demonstrate the importance of conflict resolution and character development as components of successful game play
- create a wellness plan based on their FitnessGram results

## Adapted Physical Education

Adapted Physical Education services are available to all students .

The student qualification and placement process is conducted on a referral basis with the physical education teacher and the adapted physical education department.

## Fitnessgram

Parent Reports are sent to the parent/guardian of all fourth and fifth grade students in the Third Marking period report card.



FitnessGram is a health-related physical fitness assessment. The standards for this assessment are set to indicate the levels of fitness necessary for good health as it relates to age and gender.