



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 (Primary through Upper) follow the below using age-appropriate versions and equipment.				(Intermediate & Upper only) HEALTH CLASS
		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	Defining Health & Wellness
October	Judgment or Courage	Soccer	Self-Control, Spatial Awareness, Teamwork	Reflex, Speed, Starting, Stopping	Ball Control, Passing, Throwing, Team Play	Personal Habits
November	Patriotism or Gratitude	Floor Hockey	Respect for Others, Aim, Hand-Eye Coordination	Coordination, Accuracy	Tossing, Throwing, Dropping, Hitting	Understanding the Importance of Sleep
December	Joy or Obedience	Games	Encouragement, Sportsmanship	Balance, Coordination	Game Skills	Mental & Emotional Health
January	Industry or Punctuality	Volleyball	Teamwork, Strategy	Stretching, Jumping	Serving, Passing, Bumping, Setting, Spiking, Blocking	Nutrition & Physical Fitness
February	Humility or Justice	Basketball	Positioning, Adapting to Changes, Decision Making	Jumping, Sprinting, Endurance	Dribbling, Shooting, Passing, Lay-ups, Positions, Plays	Physical Fitness, Health, & Safety
March	Peace or Respect for Self	Football	Self-Control, Teamwork	Endurance	Passing, Receiving, Stick Control, Shooting, Dribbling,	Healthy Relationships & Wellness
April	Thrift or Respect for Others	Lawn Games	Self-Control, Humility	Speed, Agility, Reflex	Kicking, Passing, Throwing, Catching	The Body & How It Develops (7 th /8 th only)
May	Personal Habits or Self-Control	Kickball	Decision-Making, Timing, Patience, Estimating	Strength, Speed	Kicking, Throwing, Catching, Base Running	Human Sexuality (7 th /8 th only)

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

Updated September 2020