



Curriculum Overview PHYSICAL EDUCATION 2023-2024--Cycle 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	UNIT	INTELLECTUAL	PHYSICAL	UNIT SKILLS	HEALTH
September	Reliability or Initiative	Physical Fitness	Listening, Remember, Following Directions	Cardio, Strength, Stretching, Agility, Bending, Balancing	Jogging, Crunches Pushups, Squats, Jumping Jacks	Defining Health and 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, Agility	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, Agility	Serving, Passing, Bumping, Setting, Spiking, Blocking	Nutrition & Physical Fitness
February	Humility or Justice	Basketball	Positioning, Adapting to Changes, Decision Making	Jumping, Sprinting, Endurance, Agility	Dribbling, Shooting, Passing, Lay-ups, Positions, Plays	Physical Fitness, Health, & Safety
March	Peace or Respect for Self	Football	Self-Control, Teamwork	Endurance, coordination	Passing, Receiving	Healthy Relationships
April	Thrift or Respect for Others	Lawn Games	Self-Control, Humility	Speed, Agility, Reflex	Kicking, Passing, Throwing, Catching	Wellness
May	Personal Habits or Self-Control	Kickball	Decision-Making, Timing, Patience, Estimating	Strength, Speed	Kicking, Throwing, Catching, Base Running	Review of the Years Health Program

All Classes (Lower Elementary through Middle School) follow and use age-appropriate versions and equipment. These are main focus areas for each unit. The Intellectual and Physical elements of P.E. are encouraged and reinforced in every class. Updated Sept. 2023