

North Hampton School K-5 Physical Education Trimester 1 2023-2024



Kindergarten

This trimester students in Kindergarten were introduced to:

- Team Building/Community Building Activities
- Locomotor Patterns - Hopping, Skipping, Galloping
- Movement Skills - Chasing, Fleeing, Dodging
- Rolling at a Target, Rolling for Accuracy
- Underhand Throwing and Catching
- Overhand Throwing and Catching

Grade 1

This trimester students in Grade 1 were introduced to:

- Team Building/Community Building Activities
- Locomotor Patterns - Hopping, Skipping, Galloping
- Movement Skills - Chasing, Fleeing, Dodging
- Rolling at a Target, Rolling for Accuracy
- Underhand Throwing and Catching
- Overhand Throwing and Catching
- Dribbling Ball with Feet
- Kicking for Accuracy and Distance

Grade 2

This trimester students in Grade 2 were introduced to:

- Team Building/Community Building Activities
- Locomotor Patterns - Hopping, Skipping, Galloping
- Movement Skills - Chasing, Fleeing, Dodging
- Rolling at a Target, Rolling for Accuracy
- Underhand Throwing and Catching
- Overhand Throwing and Catching
- Nutrition Activities with PE Skills

Grade 3

This trimester students in Grade 3 were introduced to:

- Team Building/Community Building Activities

- Movement Skills - Chasing, Fleeing, Dodging
- Overhand Throwing and Catching
- Underhand Throwing and Catching
- Soccer
 - Dribbling Ball with Feet
 - Kicking for Accuracy and Distance

Grade 4

This trimester students in Grade 4 were introduced to:

- Team Building/Community Building Activities
- Flag Football
 - Throwing and Catching
 - Route Running
 - Small Sided Games
- Soccer
 - Dribbling Ball with Feet
 - Kicking for Accuracy and Distance
- Nutrition Activities with PE Skills

Grade 5

This trimester students in Grade 5 were introduced to:

- Team Building/Community Building Activities
- Flag Football
 - Throwing and Catching
 - Route Running
 - Small Sided Games
- Nutrition Activities with PE Skills