

ST. MONICA SCHOOL
Physical Education Curriculum

The planned continuity across grade levels is as follows:

Grade 1 – 4 start with simple motor skills and movement activities. The resources used for the younger grades is a lesson plan series called “Motor Skills and Movement Station lesson plans for Young Children” written by Joanne M. Landry and Keith R. Burrige.

Grade 5 - 8 advances to sport skills for example basketball and soccer. The lesson plan resource used for the upper grades is “Quality Lesson Plans for Secondary Education” written by Dorothy Zalerajsek, Lois A. Carnes and Frank E. Pettigrew, Jr.