



## Physical Education Curriculum 2023-2024

At St. Francis Xavier, students across all grade levels, PK-8, will have the opportunity to participate in various sports and activities to enhance their motor skills, learn about healthy lifestyle practices, and build team-working skills. The program used for Physical Education instruction is called *Quaver Health/PE*.



### Pre-Kindergarten-2nd Grade

Students learn and explore factors that affect a healthy lifestyle.

Emphasis is on:

- development and demonstration of gross motor and locomotor skills
- sportsmanship & participation in cooperative group games and activities
- personal health and fitness
- following rules and utilizing strategies in various activities



### 3rd-8th Grade

Students learn and explore factors that affect a healthy lifestyle.

Emphasis is on:

- muscle strength, cardio-respiratory endurance & flexibility
- rules & offensive and defensive strategies in cooperative sports and activities
- sportsmanship & participation in exercise activities
- leadership skills in various games and activities

