

Horizons Physical Education

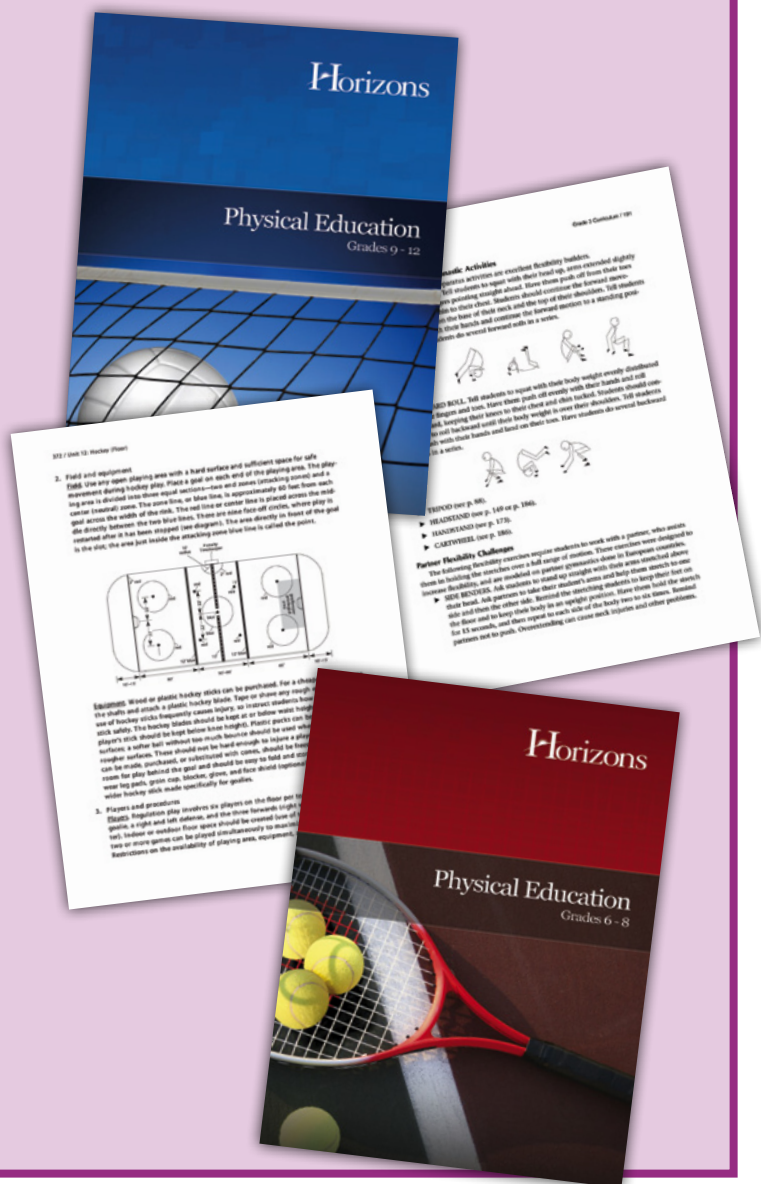
Grades PreK-12

Encourage physical activity for life! Students love exercising with Horizons Physical Education. This motivating, activity-based curriculum teaches motor skills, anatomy, age-appropriate games, exercise techniques, and lifelong health and fitness practices.

Available for grades PreK-12, this comprehensive curriculum gives students a complete, well-rounded education and teaches healthy living from a Christian perspective.

What makes Horizons Physical Education so effective?

- Connects health fitness, motor proficiency, decisional learning, and intellectual learning
- Provides age-appropriate learning goals and outcomes
- Includes materials and ideas for evaluation and health fitness tests
- Features diagrams and clear instructions for activities
- Contains a Christian worldview throughout the curriculum



Grades PreK-2

- Develop sensorimotor body and manipulative object control skills
- Teach movement and fitness understanding
- Promote core values: honor God, give your best effort, share, care, play fair
- Rehearse sensorimotor body control skills
- Explore creative movement skills
- Build fitness awareness: muscles, heart, and lungs
- Teach about muscles and movement/cardiovascular functions
- Develop quality in manipulative object control skills
- Develop specific motor abilities
- Produce combination body and object control skills
- Internalize the fitness feeling and regular exercise
- Teach the importance of exercise and play
- Integrate physical education with other learning

Grades 3-5

- Develop quantity in manipulative object control skills
- Develop specific motor abilities
- Produce creative movements
- Produce combination body and object control skills
- Develop specialized sport skills
- Teach about muscles: strength and flexibility
- Promote core values: honor God, give your best effort, share, care, play fair
- Develop game and sport skills
- Perform creative movements
- Build strength, flexibility, muscular, and cardiorespiratory endurance
- Teach sport rules of play
- Integrate physical education with other learning

Grades 6-8

- Teach game and sport tactics
- Refine creative movements
- Build total fitness
- Stabilize team sport skills
- Learn team sport tactics
- Play competitive sports and express self through creative and physically active movements
- Learn basic health fitness concepts
- Build aerobic cardiorespiratory and muscular fitness
- Practice responsible actions in sports and fitness
- Integrate physical education with other learning

Grades 9-12

- Express self through competitive sports play and creative movement
- Learn recreational game and sport skills
- Build a physiologically sound personal health fitness program
- Make fitness and sportive play decisions
- Refine carryover sport and creative movement skills
- Use recreational sport and creative movement skills
- Learn about human movement
- Establish lifetime fitness maintenance habits