

**Merritt Academy**  
**Grades 1 - 8 Physical Education Program**

<b>Fast Fact Sheet Age</b>	<b>How Often</b>	<b>Key Concepts</b>
<b>Grades 1 through 3</b>	<p><i>2 x 45 minutes</i>  <i>1 x 30 minutes a week in the gymnasium</i></p>	<ul style="list-style-type: none"> <li>- <i>Mastering the various locomotor movements</i></li> <li>- <i>Developing coordination through a wide range of activities</i></li> <li>- <i>Reinforcing the key concepts of body and space awareness</i></li> <li>- <i>Developing key social skills necessary for safe and enjoyable participation (sportsmanship, teamwork, cooperation, etc.)</i></li> </ul>
<b>Grade 4</b>	<p><i>2 x 45 minutes</i>  <i>1 x 30 minutes a week in the gymnasium</i></p>	<ul style="list-style-type: none"> <li>- <i>Introduction to individual and team sport activities</i></li> <li>- <i>Instilling an appreciation for physical education and healthy lifestyles</i></li> <li>- <i>Developing an awareness and understanding of personal and group safety</i></li> </ul>
<b>Middle School</b>	<p><u><i>5<sup>th</sup> through 7<sup>th</sup> Grade</i></u>  <i>2 x 48 minutes</i>  <i>1 x 45 minutes</i>  <u><i>8<sup>th</sup> Grade</i></u>  <i>2 x 48 minutes</i>  <i>1 x 48 minutes (1<sup>st</sup> &amp; 3<sup>rd</sup> qtr)</i></p>	<ul style="list-style-type: none"> <li>- <i>Mastering the basic skills needed to participate safely in a wide range of individual and team sports</i></li> <li>- <i>Providing students with the knowledge needed to lead healthy lifestyles</i></li> <li>- <i>Exposing students to a wide variety of activities so that they may lead more healthy / active lifestyles outside of the class</i></li> <li>- <i>Improving students self-image through physical activity</i></li> <li>- <i>Making students aware of the various community resources they can utilize to lead more active lifestyles</i></li> </ul>

**Merritt Academy  
Soccer, Basketball, and Softball**

<b>Fast Fact Sheet Age</b>	<b>How Often</b>	<b>Key Concepts</b>
<b>Grades 4, 5, 6, 7, and 8</b>	<b><u>SOCCER</u></b> <i>TBD</i>	<ul style="list-style-type: none"> <li>- <i>Development of key soccer skills needed to participate in a game</i></li> <li>- <i>Development of the rules needed to participate in a soccer game</i></li> <li>- <i>Opportunity to participate in a health enhancing activity</i></li> <li>- <i>Opportunity to develop key social skills (sportsmanship, cooperation, etc.)</i></li> </ul>
<b>Grades 4, 5, 6, 7, and 8</b>	<b><u>BASKETBALL</u></b> <i>TBD</i>	<ul style="list-style-type: none"> <li>- <i>Development of key basketball skills needed to participate in a game</i></li> <li>- <i>Development of the rules needed to participate in a basketball game</i></li> <li>- <i>Opportunity to participate in a health enhancing activity</i></li> <li>- <i>Opportunity to develop key social skills (sportsmanship, cooperation, etc.)</i></li> </ul>
<b>Grades 4, 5, 6, 7, and 8</b>	<b><u>SOFTBALL</u></b> <i>TBD</i>	<ul style="list-style-type: none"> <li>- <i>Development of key softball skills needed to participate in a game</i></li> <li>- <i>Development of the rules needed to participate in a softball game</i></li> <li>- <i>Opportunity to participate in a health enhancing activity</i></li> <li>- <i>Opportunity to develop key social skills (sportsmanship, cooperation, etc.)</i></li> </ul>