

**Merritt Academy**  
**Toddler, Preschool and Kindergarten Physical Education and Creative Movement**  
**Fast Fact Sheet**

<b>Age</b>	<b>How Often</b>	<b>Key Concepts</b>
<b>Toddlers</b>	<i>25 minutes, once a week in the cafeteria</i>	<i>Basic understanding of personal space, with focus on balancing and locomotor skills.</i>
<b>Preschool</b>	<i>25 minutes, twice a week in the cafeteria</i>	<i><b>Creative movement</b> – body control, personal space, locomotor skills (galloping, skipping, etc), rhythm  <b>Physical education</b> – locomotor skills, throwing and catching, dribbling, striking, jumping and landing</i>
<b>Kindergarten</b>	<i>45 minutes, twice a week in the gym plus 30 minutes every other week</i>	<i>Space awareness, locomotor skills (galloping, skipping, jumping), dribbling (basketball / soccer), striking with short handled implements (foam paddles), gymnastics (balancing and rolling), holiday games.  American Sign Language</i>

**Merritt Academy**  
**Grades 1 - 8 Physical Education Program**  
**Fast Fact Sheet**

<b>Age</b>	<b>How Often</b>	<b>Key Concepts</b>
<b>Grades 1 and 2</b>	<i>2 x 45 minutes  1 x 30 minutes a week  in the gymnasium</i>	<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>Grades 3 through 5</b>	<i>2 x 45 minutes  1 x 30 minutes a week  in the gymnasium</i>	<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><i><u>6<sup>th</sup> and 7<sup>th</sup> Grade</u></i>  <i>2 x 45 minutes  1 x 30 minutes</i></p> <p><i><u>8<sup>th</sup> Grade</u></i>  <i>2 x 45 minutes</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**  
**Fast Fact Sheet**

<b>Age</b>	<b>How Often</b>	<b>Key Concepts</b>
<b>Grades 4, 5, 6, 7, and 8</b>	<p style="text-align: center;"><b><u>SOCCER</u></b></p> <p><i>1 hour 15 minutes, 5 days a week</i></p>	<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>	<p style="text-align: center;"><b><u>BASKETBALL</u></b></p> <p><i>1 hour, 5 days a week</i></p>	<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>	<p style="text-align: center;"><b><u>SOFTBALL</u></b></p> <p><i>TBD</i></p>	<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>