



Core Curriculum Scope and Sequence

In our physical education work with homeschoolers, we discovered that many families did not have a structured, planned PE program. Families were not engaging in regular physical activity and therefore not meeting the recommended amounts for physical activity. There was also a wide range of physical education skills and abilities among homeschoolers. Our program was designed for the novice as well as for families familiar with physical education. We wanted to provide a resource that could be done in limited space, with limited equipment, was fun and could be done by the whole family. The Fitness 4 Homeschool Core 1 Curriculum is for children k-6th grade but we think it can benefit the whole family. The first two months of the program introduce basic motor skills and movement patterns to build a foundation. The lessons in the rest of the year are designed to reinforce movement patterns and motor skills and apply them in a variety of contexts.

Physical Education or Movement Education is critical to the total development of all children. The research shows the physical education increases physical, mental, and emotional well-being. It also enhances learning ability, interpersonal relationships as well as the child's relationship with the environment.

Family Time Fitness develops products and programs that meet the national standards of the National Association for Sport and Physical Education. We want our program to encourage all people to be physically active every day and to enjoy a lifetime of physical activity.

These are the 6 NASPE National Standards.

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

The Fitness 4 Homeschool Curriculum has over 200 different movement patterns. It teaches a wide variety of movements which help develop gross motor skills. Participants in our program develop competency in these movement patterns through variety and repetition.



Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Family Time Fitness includes an assessment tool that allows each student to measure fitness improvements. These assessments also allow students and their families to understand the multiple benefits of a physical education program. They will see the connection between daily physical education and the improvement in body and brain function.

Standard 3:

Participates regularly in physical activity.

The daily lessons encourage participation in daily physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

The self-assessments give feedback on areas that need improvement as well as areas of success.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

The curriculum is designed to be done at home but there are activities that require a partner or small group. These activities help teach teamwork and cooperation, and fair play.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

The curriculum is designed to teach that physical education and physical activity can be fun. One major goal of Family Time Fitness is to teach people the benefits and importance of daily physical education so they develop a positive attitude toward movement and physical activity.

We used these standards as a guide to develop our Fitness 4 Homeschool Physical Education Core Curriculum.



Here are the motor skills, movement patterns, and movement concepts our program stresses:

Locomotor Skills:

Running, Shuffling, Skipping, Hopping, Leaping, Crawling, Chasing, Fleeing

Body Management:

Balance, Jumping/Landing, Weight Transfer

Manipulatives:

Throwing, Catching, Rolling, Hand Dribbling, Foot Dribbling, Foot Passing

Rhythm:

Jumping Rope (Individual and Double Dutch), Hula Hoop

Cooperatives:

Pairs, Small group activities

Fitness:

Strength Training, Cardiovascular Fitness, Flexibility (Stretching)

Spatial Awareness:

Personal Space, General Space, Boundaries, Levels of Movement

Concepts:

Agility, Uses feedback to improve performance, correct form for motor skills