

Welcome to St. Joseph School

Physical Education and Health

General Information

1. The appropriate uniform is required for PE class.
2. Health will take place during the third semester of the year (additional PE classes will be rotated in during this period).
3. Grades for PE will be based on participation, behavior, and individual progression.

Program Goals

1. The Physical Education and Health program abide by the New Jersey Core Curriculum Standards and the Roman Catholic Archdiocese of Newark curriculum guidelines. Each grade will be part of an overall Physical Education program that covers concepts and principles related to the field.
2. Here is the breakdown of the emphasis for each grade:
 - K – We will focus on the development of basic locomotor skills and movement concepts (i.e. running, skipping, fleeing, dodging, balancing, and turning).
 - Grades 1 & 2 – The focus will be placed on skill development (i.e. throwing, catching, kicking, dribbling, and volleying).
 - Grade 3 – Lessons will be organized to foster participation and skill improvement – leadership, teamwork, and cooperation are some of the skills that will be the center of attention. *This level will be taught a square dance to be performed during Catholic Schools Week.
 - Grade 4 – Sports will be introduced at this level, focusing on how to play, rules, fair play, teamwork, and the continuation of skill performance.