

## Baltimore County Public Schools Physical Education Strands of Instruction

National Standards & BCPS

Fundamental Movements	Fitness	Invasion	Net/Wall	Target	Fielding/Run Scoring	Individual Performance	Outdoor/Adventure Education
Awareness Body/Spatial	Aerobic Activities	Ausball	Badminton	Archery	Cricket	Cross Country	Adventure Activities
Locomotor Movements	<i>FITNESSGRAM</i> Assessments	Basketball	Pickleball	Bocce	Kickball	Gymnastics MEE	Adventure Bag
Non-locomotor Movements	Flexibility Activities	Capture the Flag	Table Tennis	Bowling	Slow-Pitch Softball	Juggling	Bicycle Safety
Chasing Fleeing Tagging	Health-Related Components	Field Hockey	Tennis	Croquet	Whiffle Ball	Lummi Sticks	Cooperative Initiatives
Manipulatives	Heart Adventure Course	Flag Football	Volleyball	Disc Golf		Pyramid Building	Large Group Games
<b>Basic Skills:</b> Rolling	Skill-Related Components	Floor Hockey		Golf		Rhythms/Dance	Low Ropes
Throwing	Strength Activities	Lacrosse		Hopscotch		Rope Jumping	Orienteering
Catching	Technology Integration	Lithuanian Handball		Horseshoes		Sport Stacking	Problem-Solving
Kicking		Pillo Polo		Ladder Ball		Stilts/Pogo Sticks	Team Building
Dribbling		Soccer		Quoits		Stunts	
Rope Jumping		Team Handball		Shuffleboard		Tinikling	
Striking		Ultimate Frisbee				Track and Field	
						Tumbling	
						Wrestling	

**Intramurals:** All schools are encouraged to offer before and/or after school activities for students as an extension of the instructional program.

**Character Education Infusion ...**

<b>Compassion</b>	<b>Courtesy</b>	<b>Honesty</b>	<b>Knowledge</b>	<b>Respect for the Rights of Others</b>	<b>Responsible Citizenship</b>
<b>Cooperation</b>	<b>Equality of Opportunity</b>	<b>Human Worth and Dignity</b>	<b>Loyalty</b>	<b>Responsibility</b>	<b>Tolerance</b>