



## PE

- INTRODUCTION
- CURRICULUM OBJECTIVES (ACROSS MONTESSORI AGE RANGE)

Primary (Casa dei Bambini) – 3 to 6 years

Elementary – 6 to 12 years (Lower: 6–9, Upper: 9–12)

# INTRODUCTION

## The Importance of Physical Education in Montessori Education

Physical Education (PE) in a Montessori setting is not merely about developing physical skills but is deeply intertwined with the holistic development of the child. Maria Montessori emphasized that movement is essential to cognitive, social, and emotional growth, famously stating, *"Movement is the end and the means of education."*

In a Montessori PE curriculum:

- **Movement & Learning Are Connected** – Physical activity enhances brain development, focus, and memory.
- **Independence & Self-Directed Learning** – Children choose activities within structured limits, fostering autonomy.
- **Respect for the Child's Natural Development** – Activities are tailored to each child's stage, avoiding premature competition.
- **Grace & Courtesy in Movement** – PE teaches cooperation, respect, and body awareness.
- **Integration with Practical Life & Sensorial Learning** – Activities often incorporate real-world skills (balancing, throwing, climbing) and sensory feedback (textures, spatial awareness).

## How Montessori Principles Are Embedded in PE

### 1. Prepared Environment

- Equipment is child-sized, accessible, and encourages exploration (e.g., low balance beams, soft balls).
- Outdoor and indoor spaces are designed for purposeful movement.

### 2. Freedom Within Limits

- Children select from a range of activities but follow structured progressions (e.g., starting with rolling a ball before throwing).
- No forced competition; focus on personal mastery.

### **3. Mixed-Age Collaboration**

- Older children model skills for younger ones (e.g., a 9-year-old leading a stretching routine).
- Team games emphasize cooperation over winning.

### **4. Observation-Based Assessment**

- Teachers track progress through movement quality, not just outcomes (e.g., balance control vs. how fast a child runs).
- Peer feedback and self-reflection are encouraged.

### **5. Connection to Cosmic Education (6–12 Years)**

- PE links to broader themes (e.g., studying animal movements in biology, Olympic history in culture).
- Outdoor education (hiking, gardening) ties movement to nature.

A Montessori PE curriculum is not just about fitness—it's about nurturing the whole child through purposeful movement. By embedding Montessori principles, PE becomes a space where children develop **physical competence, confidence, and a lifelong love of active learning**.

- **CURRICULUM OBJECTIVES (ACROSS MONTESSORI AGE RANGE)**

Primary (Casa dei Bambini) – 3 to 6 years

Elementary – 6 to 12 years (Lower: 6–9, Upper: 9–12)

**Montessori PE Curriculum** for ages **3–6, 6–9, and 9–12**, structured across **27 terms** (9 terms per age group). Each term includes **age-appropriate activities, learning outcomes, assessment methods, and key vocabulary**.

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## Montessori PE Curriculum (Ages 3–12)

| Age Group | Term   | Physical Activities                                                   | Learning Outcomes                                      | Assessment Methods                  | Key Vocabulary                    |
|-----------|--------|-----------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------|-----------------------------------|
| 3–6 Years | Term 1 | Balance beam walking, Hopping, Rolling a ball                         | Develops gross motor skills, balance, and coordination | Observation, Participation tracking | Balance, Hop, Roll, Toss          |
|           | Term 2 | Animal walks (bear, crab), Balloon tapping, Simple obstacle course    | Enhances body awareness & spatial orientation          | Checklist for movement accuracy     | Crawl, Stretch, Jump, Over, Under |
|           | Term 3 | Parachute play, Dancing to rhythms, Throwing beanbags                 | Encourages teamwork & rhythm awareness                 | Peer feedback, Teacher notes        | Team, Rhythm, Toss, Catch         |
|           | Term 4 | Yoga poses (tree, cat-cow), Ring toss, Follow-the-leader              | Improves flexibility & listening skills                | Demonstration, Self-assessment      | Stretch, Pose, Aim, Follow        |
|           | Term 5 | Scooter board play, Ball rolling races, Simon Says (movement version) | Strengthens core muscles & reaction time               | Timed trials, Observation           | Fast, Slow, Push, Pull            |
|           | Term 6 | Jumping over lines, Rolling like a log, Balloon volleyball            | Boosts coordination & cooperative play                 | Video review, Group discussion      | Bounce, Jump, Roll, Together      |

| Age Group | Term   | Physical Activities                                                            | Learning Outcomes                           | Assessment Methods                           | Key Vocabulary                     |
|-----------|--------|--------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------|------------------------------------|
|           | Term 7 | Hula hoops (stepping in/out), Tunnel crawling, Freeze dance                    | Enhances agility & listening skills         | Participation log, Peer review               | Spin, Crawl, Stop, Go              |
|           | Term 8 | Ball kicking (stationary target), Balancing on one foot, Nature walk movements | Develops leg strength & observation skills  | Skill checklist, Verbal recall               | Kick, Balance, Walk, Observe       |
|           | Term 9 | Relay races (simple), Rolling balls to knock pins, Stretching games            | Encourages teamwork & hand-eye coordination | Race times, Teacher notes                    | Pass, Knock Down, Reach, Bend      |
| 6–9 Years | Term 1 | Jump rope, Soccer dribbling, Tag games                                         | Improves endurance & footwork               | Timed jumps, Dribble accuracy counts         | Skip, Dribble, Chase, Dodge        |
|           | Term 2 | Basketball passing, Hurdle jumps, Mirror movement games                        | Enhances coordination & reaction speed      | Partner feedback, Success rate tracking      | Bounce, Leap, Copy, Match          |
|           | Term 3 | Circuit training (stations: jump, crawl, throw), Mini hurdles                  | Builds strength & sequential learning       | Completion time, Correct form checks         | Station, Circuit, Hurdle, Sequence |
|           | Term 4 | Frisbee throwing, Hopscotch variations, Cooperative ball games                 | Develops accuracy & teamwork                | Distance/accuracy measures, Group reflection | Aim, Toss, Hop, Cooperate          |
|           | Term 5 | Track & field basics (short run, long jump), Balloon tennis                    | Introduces athletics & hand-eye precision   | Measurement (distance/time), Peer review     | Sprint, Leap, Hit, Score           |
|           | Term 6 | Gymnastics rolls (forward/roll), Agility ladder drills                         | Enhances flexibility & foot speed           | Form assessment, Speed trials                | Roll, Ladder, Quick Feet, Control  |

| Age Group  | Term   | Physical Activities                                                             | Learning Outcomes                         | Assessment Methods                     | Key Vocabulary                  |
|------------|--------|---------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------|---------------------------------|
| 9–12 Years | Term 7 | Team handball, Balance board challenges, Nature scavenger hunt (movement-based) | Promotes strategy & dynamic balance       | Game participation, Balance duration   | Teamwork, Steady, Hunt, Collect |
|            | Term 8 | Kickball, Jumping jacks variations, Movement storytelling (act out stories)     | Boosts cardiovascular health & creativity | Heart rate check, Creativity rating    | Kick, Bounce, Act, Imagine      |
|            | Term 9 | T-ball/baseball basics, Yoga flow sequences, Capture the flag (simplified)      | Introduces striking skills & mindfulness  | Hit accuracy, Pose mastery             | Swing, Strike, Flow, Flag       |
|            | Term 1 | Volleyball serving, Sprint intervals, Dynamic stretching                        | Develops power & speed                    | Serve consistency, Timed sprints       | Serve, Sprint, Dynamic, Explode |
|            | Term 2 | Basketball shooting drills, Parkour basics (safe rolls/vaults)                  | Enhances precision & spatial awareness    | Shot percentage, Obstacle completion   | Shoot, Vault, Precision, Land   |
|            | Term 3 | Soccer passing patterns, Plyometric jumps (box jumps)                           | Improves teamwork & explosive strength    | Pass accuracy, Jump height measurement | Pass, Explode, Box, Sequence    |
|            | Term 4 | Ultimate Frisbee, Rock climbing (or wall traverse), Interval training           | Builds endurance & grip strength          | Completion rate, Heart rate recovery   | Frisbee, Climb, Grip, Interval  |
|            | Term 5 | Track relays, Martial arts stances/strikes                                      | Encourages speed & discipline             | Relay times, Form demonstration        | Baton, Strike, Stance, Focus    |

| Age Group | Term   | Physical Activities                                            | Learning Outcomes                                 | Assessment Methods                   | Key Vocabulary                    |
|-----------|--------|----------------------------------------------------------------|---------------------------------------------------|--------------------------------------|-----------------------------------|
|           | Term 6 | Dance choreography, Medicine ball throws                       | Boosts creativity & core power                    | Routine memorization, Throw distance | Choreograph, Throw, Power, Rhythm |
|           | Term 7 | Badminton serves, Agility cone drills                          | Refines hand-eye coordination & direction changes | Serve accuracy, Drill time trials    | Shuttlecock, Cone, Zigzag, React  |
|           | Term 8 | Hockey dribbling, Pilates for core strength                    | Enhances stick control & stability                | Dribble control, Posture checks      | Dribble, Stick, Core, Align       |
|           | Term 9 | Triathlon prep (swim/cycle/run rotations), Team strategy games | Builds multi-sport endurance & tactical thinking  | Rotation times, Game strategy notes  | Transition, Pace, Strategy, Adapt |

### Key Notes:

- **Montessori Alignment:** Activities emphasize **self-directed learning, mixed-age collaboration, and natural movement.**
- **Assessment:** Primarily **observational** (checklists, peer feedback, timed trials) to avoid competitive pressure.
- **Vocabulary:** Reinforces **movement concepts** and **social skills** (e.g., "cooperate," "precision").