

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**.

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
6–9 Years	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
	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/log), 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").