

PHYSICAL EDUCATION CURRICULUM SUMMARY

The purpose of the Physical Education Curriculum Summary is to present an overview of the Physical Education Curriculum. Parents are the intended audience of the Physical Education Curriculum summary.

Principles of Exercise and Physical Fitness	
<ol style="list-style-type: none"> 1. Heart Rate 2. Warm-up/Cool Down 3. Healthy Lifestyle <ul style="list-style-type: none"> ▪ social ▪ emotional ▪ physical ▪ physical environment 	<ol style="list-style-type: none"> 4. Fitness Test 5. Games 6. Gymnastics 7. Dance 8. Heart Rate 9. Fitness Circuit 10. Personal Plan

Movement Skills and Concepts			Positive Interactions
<p><u>Manipulatives</u></p> <p>Striking Bouncing/Dribbling Receiving Throwing Kicking</p>	<p><u>Locomotor</u></p> <p>Walking Running Sliding Galloping Skipping Hopping Rolling Jumping Leaping Transfer of Weight</p>	<p><u>Non-Locomotor</u></p> <p>Bend Twist Stretch Curl Hang/Swing Climbing Balance</p>	<ul style="list-style-type: none"> • Cooperative Activities • Goal Setting • Pro-social Skills • Conflict Resolution

Board Approved: 9/10/2008

**PHYSICAL EDUCATION
GRADES 3-5**