

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.

Physical Fitness Principles	
<ul style="list-style-type: none"> • Healthy Lifestyle <ul style="list-style-type: none"> ▪ Feelings from Activity ▪ Physical Benefits ▪ Effects of Physical Environment • Healthful Physical Activities 	<ul style="list-style-type: none"> • Regular Physical Activity • Hygiene Practices • Dietary Practices • Warm-up / Cool Down after Activity

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