

# Physical Education



## Early Childhood through Grade 5

In the elementary grades, the physical education program emphasizes the development of fundamental locomotor, non-locomotor, and manipulative skills through the main content areas of educational games and dance. The movement framework, (i.e., body, space, effort, and relationship) is also a part of the core content and is the basis for developing, expanding, and refining children's range of motor skills and awareness.

The motor skill foundations established during the elementary grades enhance children's social, cognitive and physical development and increase the likelihood of continued interest and participation in physical activity.

Health-fitness concepts at elementary grades are supported by a rich experience in many basic movement forms and are folded into the curriculum. The health-fitness components of flexibility, cardiovascular endurance, muscle fitness and body composition are supported through the Fitnessgram which assesses each individual's health-fitness levels beginning in 3<sup>rd</sup> grade and serves as an educational tool to address these concepts within our curriculum.



The standards and objectives that each individual works toward within the Physical Education Program include:

1. to develop and demonstrate the skills necessary for a variety of activities
2. to achieve and maintain a health-enhancing level of physical fitness
3. to participate in regular physical activity
4. to value activity and its contributions to a healthy lifestyle
5. to learn to apply movement concepts and principles to the development of motor skills
6. to demonstrate good personal and social behavior in activity settings
7. to demonstrate an understanding and respect for differences among people, and understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction

Any questions, please contact Alan Quackenbush at 393-4265

