

## Physical Education Curriculum - Year at a Glance

# Physical Education ~ Physical Literacy

Grade

September - December

- P-3 Change direction
- Spacial body awareness, avoid collisions
- Boundaries
- Variety of locomotion
- Link heart rate to fitness
- Change speed and direction-peers/ boundaries
- Develop behaviors that help others. Share, Cheer, Kindness
- Safe practices, rules and procedures.
- Understands equipment used for intended purpose.

Grade

January - June

- P-3 Send and recieve implements
- throw/roll underhand to target
- Identify feelings associated upon completion of new skill
- Develop basic dance skills
- Rolling skills
- Variety of yoga poses and circuit training
- Identify active areas around school yard
- Jump and land
- Discuss/practice safe ways moving among others
- Uses cues to improve skills/movements
- Ask teacher for help



## Students Learning Through Play