

Physical Education Curriculum - Year at a Glance

Physical Education ~ Physical Literacy

Grade September - December

- 4-6 Identify benefits of physical activity
- Goal setting
- Discuss Growth Mindset - embrace challenges/positive talk
- Engage consistently and constructively
- Send/receive skills in control during low org games
- Team Building
- Group Fitness
- Variety of strategies to increase success
- Apply peaceful conflict resolution
- Demonstrate behaviors that help others. Share, Cheer, Kindness
- Safe practices, rules and procedures
- Use equipment for intended purpose.



Grade January - June

- 4-6 Engage activity each fitness component
- Warm-up and cool-down importance
- Practice and persistence to learn new skills/concepts
- Link dance movement to life outside Physical Education
- Movement in sequence using apparatus alone or in group
- Body awareness - ready position, defensive stance
- Combine skills and effort to develop skills
- Make choices to positively affect others
- Consistently apply teamwork, inclusion, fairplay and respect for self and others.
- Winter practice movement

Students Learning Through Play