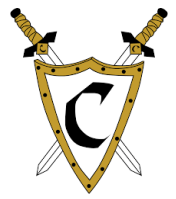




Elementary Physical Education Course Information



Content Area	Learning Focuses
<i>Demonstrate competency in a variety of motor skills and movement patterns.</i>	<ul style="list-style-type: none">• Uses various locomotor skills in a variety of small-sided practice tasks• Uses various motor skills in a variety of small-sided activities• Demonstrates mature patterns of locomotor skills• Combines locomotor and manipulative skills
<i>Apply knowledge of concepts, principles, strategies and tactics to movement and performance.</i>	<ul style="list-style-type: none">• Differentiates between movement in personal (self-space) and general space• Combines spatial concepts with locomotor and non-locomotor movements• Combines movement concepts with skills in small-sided practice tasks in game
<i>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness</i>	<ul style="list-style-type: none">• Actively engages in all the activities of physical education• Differentiates between skill-related and health-related fitness• Identifies the need for warm-up & cool-down relative to various physical activities• Analyzes the impact of food choices relative to physical activity, youth sports & personal health
<i>Exhibit responsible personal and social behavior that respects self and others.</i>	<ul style="list-style-type: none">• Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee)• Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities• Exhibits respect for self with appropriate behavior while engaging in physical activity• Applies safety principles with age-appropriate physical activities
<i>Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction</i>	<ul style="list-style-type: none">• Compares the health benefits of participating in selected physical activities• Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response