

# Curriculum Night

## Physical Education Learning Requirements

### **Pre -Kindergarten through Second Grade**

#### Fundamental Movement Skills

- Locomotor, non-locomotor, manipulatives, body management, movement concepts and developmental games

#### Sport Skills and Lifetime Activities

- Skill techniques, individual/dual/team sports and specialized activities

### **Third through Fifth Grade**

#### Fitness/Healthy Lifestyles

- Health and skill- related fitness

#### Sport Skills and Lifetime Activities

- Skill techniques, individual/dual/team sports and specialized activities

### **Sixth through Eighth Grade**

#### Fitness Principles

- Describe target heart rate as it relates to cardio respiratory endurance

#### Prevention

- Identify and describe reasons for using proper warm-up, cool down, and stretching

#### Individual, Dual and Team Sports

- Understand terminology, list rules and safety principles appropriate for individual, dual and team sports. Demonstrate basic competence in a variety of individual, dual and team sports.