

Elementary Physical Education K S1

Description

In the Physical Education Kindergarten course, students learn the foundational skills of throwing, catching, kicking, striking, dancing, swimming, and performing basic gymnastics. Students also learn about healthy foods, teamwork, and sportsmanship. They will read storybooks and learn how to have fun by staying active and creating healthy habits.

Required Materials

Students will need the following materials: printer, cell phone or scanner, notebook, pencils, erasers, scissors, crayons, glue, tape, ruler, printer paper, colored-paper, fitness items, household objects, general art supplies, and outdoor materials.

Segment One

- Safety
- Locomotor movements
- Underhand and overhand throwing
- Catching
- Flexibility
- Cardiovascular health
- Strength
- Nutrition