

## **First Grade Physical Education Curriculum Overview**

The Physical Education program (50 min class per week) offers children a variety of creative motor experiences that promote healthy attitudes towards exercise. The physical education program offers vigorous and non vigorous activities that build skills, strength, speed, coordination, self-confidence, and self-image. Social and emotional development is addressed through the teaching of concepts such as cooperation, problem solving, team building, fair play, and respect for human differences.

The physical education program clearly plays a vital role in the education of the whole child. In 1<sup>st</sup> grade, the physical education program introduces basic movement patterns. Emphasis is placed on proper kicking, throwing, and movement techniques. Doing one's "personal best" is introduced in kindergarten, and reinforced throughout the child's elementary physical education experience.