

## Physical Education/Health Elementary Curriculum

PE/Health NECC (pre-kindergarten)  
Grade K-5  
Adaptive PE

### Description:

Physical education and health in the elementary schools are focused on physical activity and fitness on individual competences and versatility in movement skills, understanding movement concepts and body dynamics, and relating physical activity to lifetime health. Wellness captures the combination of activity and fitness and a healthy lifestyle. Health education addresses knowledge and skills as well as personal and social development.

Children with disabilities will participate in a modified or adaptive class addressing their special needs.

### Requirements:

Students required a satisfactory grade.

### Standards:

#### Physical Activity and Fitness:

Motor Development: Locomotor skills  
Non-locomotor skills  
Manipulatives  
Rhythm and dancing  
Fitness component: Strength training  
Cardiovascular activity  
Flexibility training

### Growth and Development:

Wellness: Exercise  
Hygiene  
Recreation  
Nutrition: Food choices and growth  
Eating habits  
Healthy lifestyle

### Mental Health:

Social relationships: Sportsmanship  
Fairness  
Self esteem  
Feelings and emotions  
Decision making