

# Physical Education Curriculum Guide

## Pre-Kindergarten (3 and 4 Year Olds)

**Course Description:** Physical Education is a full year course where students participate twice a week. Physical Education at The Academy at Ocean Reef provides students with the fundamentals, knowledge, and basic skills to maintain an active and healthy lifestyle. Students are provided with a balanced sequential program of age appropriate activities such as fitness, rhythm and dance, and cooperative games. A positive environment that is conducive to learning, enjoyable, and builds self-confidence is also incorporated into the physical education program. Students interact in an environment that fosters growth and development allowing the students to grow not only physically, but also intellectually, socially, and emotionally. Our students exhibit qualities of respect, responsibility, empathy, and sportsmanship through participation in a variety of physical activities. An effective physical education program is an integral part of every student's formal educational experience.

Goals/Objectives:

Students will be able to understand and apply their knowledge to the following standards:

- Demonstrate competency in a variety of motor skills and movement patterns that are grade and age appropriate;
- Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance that are grade and age appropriate;
- Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness;
- Exhibit responsible personal and social behavior that respects self and others;
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

**Instructional Methods/Strategies:** The curriculum creates a rich and fun learning environment with a variety of physical activities based on the Florida Physical Education Standards developed by the Florida Department of Education.

## **Kindergarten**

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