

<u>Physical Education</u>	
Knowledge of structures of, functions of, and relationships among human body systems	
	<ul style="list-style-type: none"> • Demonstrate knowledge of basic physiological principles related to fitness. LO 3, 6, 7, 8, 9
Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)	
	<ul style="list-style-type: none"> • Recognize the importance of regular exercise for good health in caring and respecting their bodies as a gift from God. LO 1, 2, 4
Knowledge of principles of movement and physical fitness	
	<ul style="list-style-type: none"> • Demonstrate an understanding of levels, direction, speed and pathways in activities. LO 1, 2 • Demonstrate proficiency in movement, knowledge, and social skills in low-organized and lead-up games. LO 1, 2, 4 • Demonstrate knowledge and skills in loco-motor, non-locomotor, and manipulative activities. LO 1, 2, 4
	<ul style="list-style-type: none"> • Demonstrate knowledge in safety and fundamental performance skills required in the movements associated with gymnastic balance stunts and tumbling. LO 1, 2 • Demonstrate knowledge, understanding, and performance skills required for basic rhythm and dance used in cooperation with others. LO 1, 2, 5, 10
	<ul style="list-style-type: none"> • Appreciate individual differences: <ul style="list-style-type: none"> ○ Show concern for the welfare of others. ○ Recognize physical limits. ○ Encourage others. ○ Always perform to their best ability. ○ e. Exhibit good sportsmanship. LO 2, 3, 7

Kindergarten

	<ul style="list-style-type: none">• Participate in directed group and individual activities:<ul style="list-style-type: none">○ Follow directions.○ Take turns.○ Obey rules.○ Cooperate in teamwork.○ Care for physical education equipment and facilities. LO 5, 7, 9, 10
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