



Recommended Kindergarten and P1/Grade 1 Curriculum Framework

Content: Physical Education – Kindergarten and P1/Grade 1						
Topic: Lifetime Physical Activity (Weeks 33-36)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-2.2.1 Physical and Social benefits result from regular and appropriate participation in physical activities throughout one's lifetime.</p> <p>Physical benefits:</p> <ul style="list-style-type: none"> • weight control • lower blood pressure • increased muscular strength • physical fitness • improved control of body movements <p>Social benefits:</p> <ul style="list-style-type: none"> • positive interactions with others • respect for authority figures • enjoyment • self-expression 	<p>Lifetime Physical Activities AE 2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Identify components of acceptable and unacceptable behaviors in various physical activities. • Apply and use guidelines for the safe use of equipment and apparatus as related to lifetime physical activities. • Identify health benefits that result from regular participation in physical activity. • Develop a personal interest in participating in physical activities. • Investigate the role of practice for successful participation in simple games and sports. 					



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<p>PL-E-2.2.2 Frequent practice contributes to improved performance.</p> <p>PL-E-2.2.3 The body changes gradually as a result of continuous physical activity and effort.</p>	<ul style="list-style-type: none"> Apply fundamental strategies in simple games and activities. <p>POS- Students will describe how practice helps individuals improve.</p> <p>POS- Students will understand the relationship between practice and learning new skills.</p>					



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