

## **GRADES Nursery-2 PHYSICAL EDUCATION**

The purpose of the physical education program for grades K-2 is to introduce locomotor skills and general body awareness. This is accomplished through individual and team based activities.

Students will:

- Learn different locomotor skills (hopping, skipping, galloping, etc.)
- Identify space awareness (personal space)
- Develop coordination skills with hand-eye, kicking, batting, throwing, and juggling
- Learn cooperative games for team work.
- Learn Agility, Balance, and Flexibility

### **Materials**

Outside play area covered with Field Turf  
Outdoor basketball court, indoor basketball court, and playground  
Multicolored disks and cones  
Rubber dots and bases  
Multicolored pennies  
Basketballs, soccer balls, floor hockey sticks, playground balls, tennis balls, wiffle balls, etc.  
Hula Hoops, Agility Ladders, hurdles, jump ropes, mats  
Juggling balls and scarves  
cd player and stop watch

### **Instruction**

Students in Nursery-Kindergarten attend Phys. Ed. once a week for 30 minutes. Students in grades 1-2 attend Phys. Ed. once a week for 40 minutes. Class begins with a warm up activity. Next students meet in the middle of the play area to hear instructions for the activity. Class is ended with a 2-3 min. overview of the lesson and a cooling off period before they head back to class.