

PHYSICAL EDUCATION



- Exercise activities for general body conditioning
- Individual and partner activities in which children learn coordination skills
- Various ways the body can move through space
- Singing games, to develop coordination
- Skipping, galloping and hopping activities
- Tag games, ball games, and circle games
- Mat and balance-beam activities
- Track and field activities, with emphasis on
 - basic running
 - jumping
 - throwing
 - pulling
- Recreational activities
- Adapted activities as indicated by student needs
- Spatial awareness

