Physical Education GLEs Table of Contents

I. Physical Activity and Lifetime Wellness (PA)
   1. Personal Fitness and Healthy Active Living
      A. Health-Related and Skill-Related Fitness
         *All students will participate in local fitness activities and assessments at every grade level (no assessments at grade K)*
      B. Wellness
      C. Fitness Principles
      D. Body Systems
   2. Responsible Personal and Social Behavior
      A. Personal/Social Responsibilities
   3. Injury Prevention, Treatment and Rehabilitation
      A. Prevention
      B. Treatment

II. Efficiency of Human Movement and Performance (HM)
   1. Fundamental Movement Skills and Games
      A. Locomotor
      B. Non-Locomotor/Axial
      C. Manipulative Skills
      D. Body Management
         Animal walks, stunts, tumbling, balance(s), mechanical principles
      E. Movement Concepts (B-S-E-R Framework)
         Body Awareness, Space Awareness, Effort/Quality of Movement, Relationships
      F. Developmental Games
   2. Sport Skills and Lifetime Activities
      A. Skill Techniques
      B. Individual, Dual and Team Sports
      C. Outdoor Pursuits / Recreational Activities
      D. Specialized Activities
         *Aquatics & Gymnastics only taught were facilities are available*
      E. Careers
   3. Rhythms and Dance
      A. Essential Elements of Rhythm
      B. Creative / Interpretive
      C. Rhythmic Activities
      D. Forms of Dance
      E. Social/Cultural Aspects of Dance
         History, Cultural origin & impact on cultural development, Etiquette/social skills