

## **Division of YCIS Health and Physical Education Curriculum**

The health and physical education curriculum will be divided into two sections: *Life Skills* and *Health and Fitness Skills*. These skills will be taught in an integrated manner, allowing the students to make connections from the classroom to their daily lives.

The *Life Skills* will teach concepts such as:

1. Self-awareness
2. Self-monitoring
3. Forming and maintaining relationships (Team Building)
4. Social Skills
5. Adapting and Coping with Change
6. Communication

The *Health and Fitness Skills* will teach concepts such as:

1. Physical and Spatial Awareness
2. Basic Stretching and Range of Motion
3. Balance and Stability
4. Speed and Agility
5. Food and Nutrition
6. Muscle Control through Sports
  1. Basketball
  2. Soccer
  3. Jumping Rope
  4. Running
  5. Badminton/Table Tennis
  6. Baseball
  7. Healthy eating and nutrition



# Florida Elementary Physical Education Curriculum Guide

**Stephen J. Silverman, Catherine D.  
Ennis**



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**Resources in Education** ,1996      *Journal of Health, Physical Education, Recreation* ,1963      Student Learning in Physical Education Stephen J. Silverman,Catherine D. Ennis,2003 This volume provides up to date research on the physical education curriculum teaching and teacher training and shows physical educators how to apply this knowledge to their day to day practices      Research in Education ,1974      *Resources in Education* ,1993      **Structuring Learning Environments in Teacher Education to Elicit Dispositions as Habits of Mind** Erskine S. Dottin,Lynne D. Miller,George E. O'Brien,2013-02-14 This book focuses on faculty members in a learning community in the College of Education at Florida International University It discusses their pedagogical efforts to structure learning environments consistent with the philosophical orientation in the college s conceptual framework to call forth dispositions or key habits of mind that are consistent with reflective intelligence      **Journal of the American Association for Health, Physical Education, and Recreation** ,1950      **List of Outstanding Teaching and Learning Materials** Association for Supervision and Curriculum Development,1967      **Journal of the American Association for Health, Physical Education, Recreation** American Association for Health, Physical Education, and Recreation,1954      **Elementary Physical Education Curriculum Guide** Greater Clark County Schools (Clark County, Ind.). Elementary Physical Education Curriculum Committee,1989

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