
**PHYSICAL EDUCATION COURSE DESCRIPTION
CAPE GIRARDEAU SCHOOL DISTRICT
KINDERGARTEN THROUGH SIXTH GRADE**

Kindergarten-Sixth Grade

Elementary physical education focuses on two strands, physical activity and lifetime wellness and efficiency of movement and performance. Physical activity and lifetime wellness includes study of personal fitness and healthy active living, responsible personal and social behavior in the physical activity setting, and injury prevention, treatment and rehabilitation. Efficiency of movement and performance includes study of fundamental movement skills and games, sport skills and lifetime activities, and rhythms and dance. A variety of concepts are included in each strand:

- Health-related and skill related fitness
- Wellness
- Fitness principles
- Body systems
- Personal/social responsibilities
- Prevention
- Treatment
- Locomotor
- Non-locomotor
- Manipulative skills
- Body management
- Movement concepts
- Developmental games
- Skill techniques
- Individual, dual and team sports
- Outdoor pursuits/recreational activities
- Specialized activities
- Careers
- Essential elements of rhythm
- Creative/interpretive
- Rhythmic activities
- Forms of dance
- Social/cultural aspects of dance