



Physical Education

Elementary Physical Education courses integrate healthy lifestyle habits and activities to help students be their best. The learning scaffolds on the previous lessons to provide developmentally appropriate activities and builds on skills learned in each grade level. Skill progressions help students learn how to throw, catch, kick, strike, dance, swim, and do some basic gymnastics. Students learn how to eat a healthy diet, develop teamwork and sportsmanship, and strive for 60 minutes of daily activity. They learn to set goals and work to meet those physical goals to keep improving their skills.



Kindergarten-Grade 2

In Kindergarten, students learn how to start developing skill patterns to help them play many sports and games. They focus on teamwork and sportsmanship at all levels. In Grade 1, students develop new practice skills and games to keep the skill development progressing. Grade 2 focuses on recognizing how to keep practicing and improving basic skill patterns and applying them to game situations. They learn to eat healthy and move daily to promote a healthy lifestyle in all grades.

Grades 3-5

Grade 3 includes a closer look at goal setting and working to meet those goals by practice and activity. In Grade 4, students demonstrate how they can play different games and understand offense, defense, and beginning game strategies. In Grade 5, students apply their knowledge of skills to continue to grow and set forth meeting specific goals for specific sports they like or participate in. They keep eating a healthy diet and moving daily to develop good lifestyle habits.

Course Codes

Kindergarten:	5015020
Grade 1:	5015030
Grade 2:	5015040
Grade 3:	5015050
Grade 4:	5015060
Grade 5:	5015070

Course Highlights

- Engaging Custom-made Videos, Images, and Animations
- Interactive Games, Animations, and Slideshows
- Real-world, Age-appropriate Examples to Make Content and Skills Relevant to Learners
- Various Opportunities to Practice Skill Development
- Beginning Understanding of Game Skills, Sportsmanship, and Teamwork
- Introduction to Various Sports, Like Golf, Hockey, Dressage, and Crew
- Learning that Safety and Cooperation are Keys to Playing Fairly and Allowing All to Grow in Their Skill Development
- Understanding that All Students Can be Successful at Sports and Games

Course Assessment Tools

- Auto-graded Assessments/Quizzes
- Teacher-graded Assessments/Quizzes
- Written Assignments
- Interactive Self-checks
- Discussion-based Assessments
- Project-based Assessments
- Collaboration Assessments

FREE to Florida students

For the most up-to-date information, including FLDOE standards, please visit flvs.net/courses.

