

**Gilford School District  
Physical Education K-2**

<b>Curriculum Guideline 1: Engages in a physically active lifestyle (psychomotor).</b>	Participate in daily physical activity during and after school. Identify the physiological changes in the body during physical activity. Identify benefits gained from participation in physical activity. List activities that will promote a physically active lifestyle.
<b>Curriculum Guideline 2: Achieves and maintains a health enhancing level of physical fitness (psychomotor).</b>	Participate in daily health-enhancing physical activities.  Participate in aerobic, anaerobic, flexibility and muscular strength and endurance activities. Progress in vigorous activities from shorter periods to longer periods of time.
<b>Curriculum Guideline 3: Demonstrates competency in motor skills and movements patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities (psychomotor).</b>	Demonstrate locomotor, non-locomotor and manipulative skills in a developmentally appropriate form. Apply fundamental motor skills in a variety of physical activities, such as low-organized games, rhythmic activities, fitness activities, tumbling/gymnastics.
<b>Curriculum Guideline 4: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the development of motor skills and the learning and performance of physical activities (cognitive).</b>	Begin to use a movement vocabulary. Begin to describe the critical elements of fundamental motor skills. Distinguish differences in time, space, force, flow and direction.  Use feedback from teachers to improve motor skill performance and cognitive understanding.

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**Curriculum Guideline 5: Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction (cognitive).**

Identify the value of participation in physical activities.

Describe what it is like to work in a group.