

Physically Educating the
WHOLE
CHILD..*something for*
EVERYONE!

- Physical Fitness

Muscular Strength, Muscular
Endurance, Flexibility, Cardiovascular
Endurance

- Motor Fitness

Speed, Agility, Power, Balance,
Coordination

- Fundamental Motor Skills

Throwing, Catching, Striking,
Running, Jumping, Kicking

- Motor Patterns

Rolling, Creeping, Crawling, Waking,
Postural Maintenance, Pre-striking,
Pre-catching, Pre-kicking

QUESTIONS? CONTACT ME

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MOCI
PHYSICAL
EDUCATION
PROGRAM

STATE OF MICHIGAN PHYSICAL EDUCATION STANDARDS:

STANDARD 1

Demonstrates competency in a variety of motor skills and movement patterns

STANDARD 2

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

STANDARD 3

Demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness.

STANDARD 4

Exhibits responsible personal and social behavior that respects self and others.

STANDARD 5

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

PROGRAM GOALS:

My goal for every student who enters my gymnasium is to become a **physically literate person.**

This means:



“Physical literacy is the ability, confidence, and desire to be physically active for life.”



“Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.”

PROGRAM INSTRUCTIONAL APPROACHES:

Stations, Peer Coaching, Multi-skill leveled activities, modified rules & activities, use of appropriate cues & visuals.



Definition of Adapted Physical Education:

Adapted Physical Education is physical education which has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability.

