



K-2 PHYS.ED

In **April, May, and June**

The big ideas for Physical Education are:

- **Movement:** balance bikes, skip rope, rock wall, tag games
- **Fundamental locomotor and manipulation skills:** hopping and jumping on/off and over objects
- **Emotional and Social skills:** regulate emotions when trying new activities or skills.
- **Physical Fitness Concepts:** describe why physical fitness is important