

## What we teach

# Physical Education K-5

Our district's elementary curriculum is designed to make learning engaging, holistic and meaningful.

- ◆ The South Carolina College and Career Ready Standards provide the foundation for the work in each subject area
- ◆ The South Carolina standards in each subject area are available on the South Carolina Department of Education website

[Click here](#) for the physical education standards

- ◆ For family-friendly standards for language arts, math, science, social studies and the arts,

**P**hysical education is directly related to student health and safety and engages students in activities designed to meet their physical, social, emotional and intellectual needs.

- ✓ Students work regularly with a physical education instructor and engage in physical activity and education throughout each week of school.
- ✓ Student activities are appropriate to students' developmental levels.
- ✓ As students move through the elementary grades, there is an increase in difficulty of skills learned and an increased emphasis on team play.
- ✓ In addition to instruction in physical skills, students learn teamwork and sportsmanship and develop self-confidence, qualities that contribute to healthy practices throughout a lifetime.