

PORTRAIT OF A *Stallion*

Physical Education

SAFETY

Follows Directions
Maintains Spatial Awareness
Follows game rules
Self regulation skills

- Control over emotional outbursts and impulses
- Maintain focus on classroom tasks

Proper use of equipment
Technique & Form
Hydration
Emergency Procedures

COLLABORATION

Teamwork skills
Effective communication
Sportsmanship
Students are honest and don't cheat
Conflict resolution skills
Student invest in their peers
Makes connection between PE and other content areas (Math, ELA, Science)



BODY MOVEMENT

Physical fitness

- Aerobic Capacity
- Anaerobic Strength & Endurance

Motor Skills
Coordination & Balance
Flexibility
Agility and Speed

PHYSICAL LITERACY

Health and wellness
Resilience & Perseverance
Self Reflection
Problem Solving
Strategy and Tactics
Emphasizes curiosity and skill development beyond the classroom
Applies skills towards life long activities



