

Physical Education


Physical Education examines how students are taught to improve their physical health through movement, exercise, and athletics. The lesson plan "A Game for Life" explores how soccer has been used to educate the youth of one South African community on AIDs prevention. Fitness BINGO is a fun way to increase whole body fitness and teamwork in your classroom. Students can learn the difference between strength, endurance, and power using the self-paced lesson "Keep Your Body in Motion." Adaptive physical education, respectful behavior in athletics, and motor competency are additional topics that are explored.

Topics and resources in the following areas:


- Motor and Movement Competency
- Physical Activity

Filter by Grade Type Sort by Relevance


Videos(89)



LifePrep Yoga | Move to Include
LifePrep is a collaborative initiative of the ARC of Monroe County, Victor Central School...
Grades 5-12



Animal Fitness
Engage your Kindergarten through 5th grade students this activity that combines motor and listening skills. Using...
Kids in Motion
Grades K-5



Fun In Fitness
In this 3rd through 5th grade video, students have fun in fitness as they follow along with their teacher as she...
Kids in Motion
Grades 3-5

Find PreK-12th grade videos, lessons, interactive experiences, and printable activities:

<http://bit.ly/PhysEdPBSLM>

