

## Munday CISD Physical Education Summary

The main goal of the Munday CISD physical education component is to establish a foundation for a lifelong habit of healthy living and responsibility for the overall health of the individual. It is a whole body focus that deals with health, strength, character building, self-esteem and sportsmanship.

- Elementary Physical Education (for K-4<sup>th</sup>)
  - Each class begins with a warm-up that is the same, including but not limited to, whirly birds, washing machines, a general warm-up of the cardiovascular system.
  - Class work ranges from wall-climbing to relays with a focus on fitnessgram goals.
  - Class emphasis is on fine and gross motor skill development.
- 5<sup>th</sup> and 6<sup>th</sup>
  - Each class begins with a warm-up that will include yoga, cardiovascular, and core-strengthening exercises. Fitnessgram is an additional focus.
  - Class will emphasize teamwork building and skill development.
- 7<sup>th</sup> and 12<sup>th</sup>
  - Emphasis on whole-body and cardiovascular strengthening.
  - Team building is emphasized as well as sportsmanship.
  - Self-esteem, quick-thinking, self-motivation, autonomy and consequences to actions are emphasized.
  - Fitnessgram goals are also a component of instruction.

For all levels healthy living including diet, sleeping habits and mental health are taught and re-taught to support and extend the above goals.

