**Did You Know?**Physical Education programs are so much more than free exploration. OUR CLASSES ARE A CHANCE FOR STUDENTS TO UNDERSTAND THEIR BODIES AND EXPLORE FITNESS PREFERENCES AND VARIETY SO THEY CAN GET THE MOST FROM THEIR DAILY EXERCISE ROUTINES!

\* 60 minutes of daily activity is crucial to maintain a healthy lifestyle.
\* Hydration and nutrition are equally important for healthy growth

**Essential Questions for Students to Explore Throughout the school year.**
Week 1 What does safety look like when I am active?
Week 2-3 What does cooperation and communication look like? Why is it important?
Week 4-5 What are different ways we can physically move through space?
Week 6-8 What does it mean to be physically fit? how can I add variety to my daily routines?

Week 9-10 How can team play effect healthand skill related componentsof fitness?

Weeks 11-12 How can we move our bodies in relation to objects?

Week 13-14 How can sports improve our overall fitness?

Week 15-16 How can music and movement improve overall fitness?

Week 17-18 Why is proper form essential for throwing and catching?

Week 19-20 What is your favorite activity preference? Why is it a good lifetime activity?

Week 21-22 How can jumping and balancingincrease body control? Why is coordination essential for participation in group sports and games?

Week 23-25 How is strategy developed for group games? Why is using strategy essential to fitness maturity?

Week 26-28 What sports are considered excellent lifelong wellness activities? Why?

Week 29-30 How can I maximize my time being physically active? How is goal setting related to physical activity success?  (this last question will be posted all year as this is the final essential question that the year's activities revole around).