

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 1 - 6 & SPECIAL EDUCATION
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Introduction to Movement Education

Human movement is the content of Movement Education. Movement is a function of the human body, the parts of which have certain capabilities. When students understand their non-locomotor and locomotor movement patterns, they will increase body awareness, while gaining an appreciation and a potential for further movement. These activities start in first grade and develop continually through life.

Through this unit, students will be able to:

- know which body parts he/she has and their capabilities;
- use space effectively and with safety;
- have the opportunity to work cooperatively with others.
- feel secure in movement;
- enjoy a variety of movement experiences;
- develop a positive self-image;
- improve skills;
- respond to a challenge;
- demonstrate creativity.

The following materials may be used in any or all of the Movement Education Activities:

- Mats
- Ropes
- Hoops
- Bean Bags
- Balls
- Cones
- Spots
- Sponge Balls
- Balance Beams
- Parachute
- Rings