



Peak to Peak Charter School Elementary Physical Education is so much more than “gym class”. Gone are the days of rolling out one ball for a mass soccer game or playing competitive elimination games like dodge-ball, catering only to the most athletically inclined. Our quality physical education program provides tools to all students for a lifetime of health and wellness and our standards-based curriculum guides students through the process of becoming physically active for the rest of their lives.

PE is an essential component of education that takes place primarily with movement. Through this physical activity, students not only learn basic skills and concepts but activate and engage their brains in preparation for learning in the classroom. Colorado and National Physical Education standards define student learning at Peak to Peak and provide a framework for the realistic and achievable expectations for student performance at each grade level. These prepare students to be citizens of excellence who show responsibility for their own health and fitness by maintaining an active, healthy lifestyles and commitment to personal wellness.

The elementary PE curriculum includes age-appropriate spiraled instruction in basic loco-motor and movement skills, lifetime activities, heart health and disease prevention, fitness initiatives and character development. Students safely explore the amazing and varied ways their bodies move as they exhibit responsible social-emotional behavior that respects self and others. True physical education abounds at Peak to Peak. This is not your parent’s “gym class”!

## **Curricular Materials**

At Peak to Peak, we use two primary programs to support Colorado and National Physical Education Standards: EPEC and SPARK.

**The Exemplary Physical Education Curriculum (EPEC)** is an award-winning chronic disease prevention program and is aligned to the NASPE standards for physical education. EPEC promotes life-long skills in students and has clear learning objectives, focusing on physical activity, fitness, knowledge, motor skills, and personal and social skills development.

**SPARK** offers fun learning initiatives that promote increased moderate to vigorous physical activity in students (to over 50% of class time), academic achievement, fitness achievement (as measured by the Fitnessgram test), nutrition education, sport skills development, and overall enjoyment of physical activity.

## **Assessments**

Both formative and summative assessments, which are sometimes video recorded to provide immediate feedback, are used to increase student achievement and inform instruction as well as encourage students’ personal goal-setting. Additionally, 3rd and 4th graders take the Fitnessgram through the Presidential Youth Fitness Program (formerly the President's Challenge). These biannual assessments accurately measure a student's health, fitness and activity zones - not just performance in physical tests - and reveals growth in a variety of fitness areas.



## Physical Education Curriculum Links

Please click below to see grade level standards:

[Kindergarten](#)

[First Grade](#)

[Second Grade](#)

[Third Grade](#)

[Fourth Grade](#)

[Fifth Grade](#)