

# Getting Started with EPEC™ Classic K–5

## Cornerstone for Lifelong Physical Activity

Welcome to the Exemplary Physical Education Curriculum! Physical education helps people of all ages learn to enjoy healthy physical activity.

Use the content on this disc to teach or lead activities to master important movement skills and basic knowledge for a lifetime of physical activity.

This disc contains the following objectives, organized by folders (which are in bold):

### **Locomotor Skills:**

- Gallop
- Hop
- Horizontal Jump
- Leap
- Run
- Skip
- Slide
- Vertical Jump
- Walk

### **Object-Control Skills:**

- Batting
- Catch Fly Balls
- Catch Rolling Balls
- Foot Dribble
- Forehand Strike
- Hand Dribble
- Instep Kick
- Lift & Carry Posture
- Overhand Throw
- Underhand Strike
- Underhand Throw

### **Knowledge, Activity, Fitness:**

- Beneficial Effects of Physical Activity
- Body Parts/Actions/Planes
- Use of Space
- Aerobic Activity/Fitness
- Abdominal/Low Back Strength
- Arm/Shoulder Strength
- Hip/Low Back Flexibility

### **Personal/Social Skills:**

- Compassion for Others
- Cooperation
- Following Directions
- Respect for Others
- Responsibility
- Self-Control
- Best Effort
- Constructive Competition

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The teaching/learning content includes different components to help you meet your teaching or program goal. Each folder includes:

### **A Teaching/Learning Progression**

A series of instructional steps that provide a roadmap for teaching and learning.

### **Assessments**

Many (optional) ways to provide feedback and evaluate participant progress.

### **Instructional Segments**

Content to motivate, demonstrate, and practice the objective.

### **Reinforcing Activities**

Fun activities related to objectives, many of which incorporate basic nutrition concepts (look for the apple icon).

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Within each folder, there are two PDFs — one is named “Steps” and the other “Resource Type.”

The content of the two PDFs is identical; however, the content is organized differently in each to provide you with more flexibility.

### 1. Content Sequenced by Step

Open the **Steps** PDF to view all instruction, assessments, and reinforcing activities sequenced by *each step* in the teaching/learning progression.

### 2. Content by Resource Type

Open the **Resource Type** PDF to see all content grouped by:

- Teaching/Learning Progression
- Assessments
- Instructional Segments
- Reinforcing Activities

You can pick and choose any or all of this content to suit your needs!

### Here are some ways to use the Steps and Resource Type PDFs:

Do you need instruction, assessment, and reinforcing activities for beginning students?

Open the **Steps** PDF for any objective and begin with **Step 1**.

Are you unsure of what level of instruction is right for your students?

Open the **Resource Type** PDF for any objective, choose **Assessments**, and select an assessment to gauge your students' current ability.

Do you want just activities that contain nutrition content?

Open the **Resource Type** PDF for any objective, choose **Reinforcing Activities**, and select activities that have the apple icon.

Visit [michiganfitness.org/epec](https://michiganfitness.org/epec) for:

- A complete overview of EPEC™ Classic K–5 scope, sequence, and components.
- Music tracks to optionally incorporate into your learning environment.
- Ways EPEC™ aligns with Common Core anchor standards and state standards.

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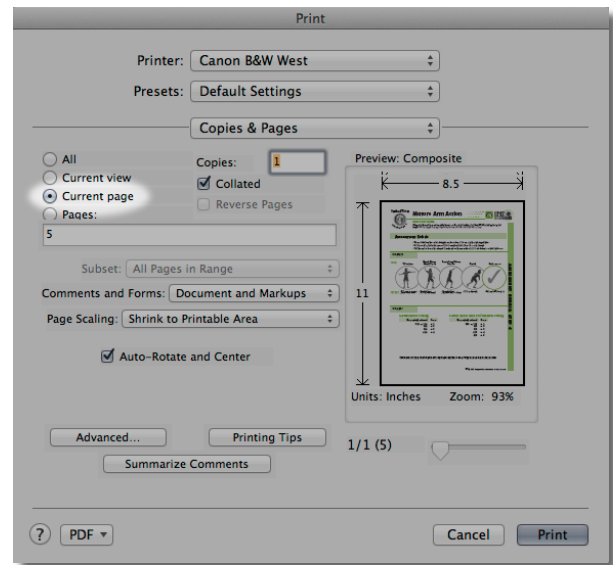
## Printing Tip

Within a PDF, you may print all pages or individual pages.

*By default, all pages will print.*

To print an individual page, navigate to that page, bring up the **Print** screen, and then choose **Current Page**.

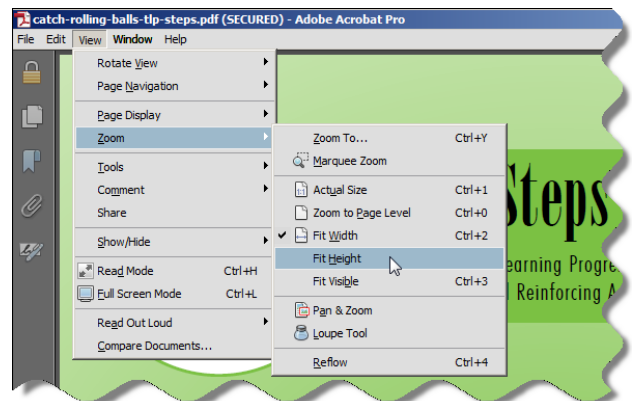
(Depending on the PDF viewer you are using, this option may vary slightly.)



Depending on your PDF viewing software how you navigate through the document, pages may need to be zoomed or re-zoomed for easier viewing.

For example, if you accidentally double-click certain menu items, the page zoom may magnify the page too much and make continued navigation difficult.

In most PDF viewing software, you can use the **View** menu to reset the zoom. Hint: **Page Height** is particularly useful, typically.



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This material was partially funded by the State of Michigan with federal funds from the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. This work is supported in part by the Michigan Department of Human Services, under contract number ADMIN 12-99011. Any opinions, findings, conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the Michigan Fitness Foundation or the Michigan Department of Human Services. In accordance with Federal law and USDA policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720- 6382 (TTY). USDA is an equal opportunity provider and employer.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the toll free Michigan Food Assistance Program Hotline at (855) ASK-MICH.