

## Public School 174

65-10 Dieterle Crescent

Rego Park, NY 11374

**Cluster Program Goals :**

**Subject:** Movement Education

**Month:** September

Grade	Unit/Focus	Student Goals
K	Exercise/Routines	Children will be introduced to various warm-up exercises.
		Children will be introduced to the routines of the gym.
1	Exercise/Routines	Children will be introduced to various warm-up exercises.
		Children will be introduced to the routines of the gym.
2	Tennis	Children will be introduced to the Tennis Unit.
		Racquet safety and terminology will be included.
3	Hockey	Children will be introduced to the Hockey Unit.
		Hockey safety and terminology will be included.
4	Fitnessgram	Children will review the five exercises/events of Fitnessgram.
		Training strategies will be discussed.
5	Fitnessgram	Children will review the five exercises/events of Fitnessgram.
		Training strategies will be discussed.