

Elementary School Physical Education Unit 1 Study Guide

History of Movement

Greeks & the Romans (Olympics)

- established the modern Olympic Games
- established systematic training of athletes
- if athletes were injured, they were not allowed to compete
- if athletes were injured, they were not allowed to compete

Dark Ages

- 5th to 15th centuries
- physical education was not practiced
- physical education was not practiced

Renaissance Era

- 15th to 17th centuries
- physical education was not practiced
- physical education was not practiced

1700's - Influence of the Industrial Revolution

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Focus of PE in early American History - Sports OR Fitness???

Influences in PE in the early 1800s

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Sports characters of the 1920s

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Works Progress Administration (WPA)

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Kraus-Weber Fitness Test - what were the results of this study?

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

President's Council on Youth (Physical) Fitness

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Physical Education Influences

Friedrich Jahn, J.C. Warren, Catherine Beecher, Dudley Allen Sargent, Jack LaLanne, Anna Espenschade,

Kenneth Cooper, Presidential influences

- physical education was not practiced
- physical education was not practiced
- physical education was not practiced

Changing the Face of Physical Education

Life expectancy changes from the 1960s forward and the generation that influences that

Boomer Generation influence on physical activity

In the 1980s, did the emphasis in physical education shift from sports to fitness OR from fitness to sports?

Progression of physical education curriculum over the years

Physical Ed Curriculum

- elementary school - basic skills and refinement of fundamental patterns
- middle school - team and individual sports
- high school - lifetime sports skills

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