

K to 6 Phy Ed and Wellness

Working with the Curriculum

Redefining the role of the Physical Educator

Session Description: Curriculum Architecture and Assessment

Designed to give K–6 educators a clear, practical entry point into the Phys Ed and Wellness curriculum, we will unpack the program's architecture—how outcomes are organized, connected, and intentionally developed across grades—so you can plan with confidence rather than guesswork. We will explore an assessment that works in real gym and wellness settings, efficiently and authentically, to assess student learning, track progress, and align with reporting expectations. Whether you're brand new to the curriculum or still trying to make sense of it, this session will help you move from "Where do I start?" to "I can do this tomorrow," and where to find resources to support your journey.

Session Description: Delivering and Assessing Movement and Spatial Awareness KUSPs

Designed to help K–6 educators bring the Phys Ed and Wellness KUSP curriculum to life through intentional instruction and meaningful assessment. We will explore how to effectively deliver and assess KUSPs connected to spatial awareness, movement skills, and select wellness outcomes, with a focus on what this looks like in real classroom and gym settings. We will highlight practical strategies for using dialogue, journaling and feedback to support student growth, along with accessible resources you can use right away whether you're just getting started or refining your approach. Forum to ask questions and to work through challenges you may have faced with the implementation in past years.



Existing Resources

K to 6 Physical Education and Wellness [APLC.CA](https://aplc.ca) Resource Links

These resources are standalone resources complete with videos and extra resources that were built for the implementation phase of the K to 6 PE & W Curriculum.

Title	Link (aplc / drive)
Curriculum overview	Kto6 Curriculum Overview
Year Planning	Kto6 Year Planning Resource
Perspectives in Year Planning	Kto6 Year Planning Perspectives
Journaling	Kto6 Journaling and Dialogue Prompts
Year planning with lesson ideas	Kto6 Year Planning and Lesson Plans
Movement Skills	Kto6 Spatial Awareness Activities Kto6 Movement Resource
Practical Pedagogy in Physical Education	Phys Ed Practical Pedagogy
Spatial Awareness and Moving through space	Kto6 Spatial Awareness Resource
Manipulative Scope and Sequencing	Kto6 Object-Manipulation-Progressions Kto6 Manipulative Skills Full Resource Kto6 Manipulative Skills Intro
10 Minute Nutrition Activities	Kto6 10 Minute Nutrition Tasks
Working with EAL Students	Working with EAL Students in the Gym Kto6 Universal Expectations PE

The following Resources are additions to the PE & W Resource Suite that are not yet on the [APLC.CA](https://aplc.ca) Website but have been included as they offer a wider range of skills and insight into the KUSP curriculum and the nature of teaching Physical Education and Wellness.



Additional Resources

Title	Link (aplc / drive)
Slide Decks	• Kto6 Curriculum and Assessment Slide Deck.pdf • Kto6 Movement and Spatial Awareness KUSPs.pdf
KUSP Summary Doc	• Kto6 OI Summary Pages.pdf • Kto6 Grade 3 Summary PDF
Master Excel File With Assessment Pieces	• Kto6 PEW Master Curric Summary To Copy.xlsx
Architecture Summaries	• 7to9 PEW Architecture Overview Aug26.pdf
Vocabulary Matrix	• Kto6 Verb Matrix Resource.pdf
Spatial Awareness Activities	• Kto6 Spatial Awareness Activities
Integrating Wellness Into PE	• PEW Integrating Wellness into PE.pdf • PEW Integrating Wellness Condensed .pdf
CARES Inclusive Ed Framework	• APLC CARES Inclusive Phys Ed Framework.pdf • The STEP framework.pdf
Assessment Audit	• PEW Assessment Audit Guide.pdf • Assessment Audit Sample Post Audit Sample Plan.pdf
MOVE Outcome-Based Assessment Framework	• PEW MOVE Outcome Assessment Framework.pdf
Skill vs Outcome Based	• PEW Skill vs Outcome Based Assessment • PEW Outcome Based Assessment Condensed.pdf
Year Planning	• PEW Year Planning Guide AUG26.pdf
SPAR Tactical Resource	• APCL SPAR Complete Teachers Guide Framework.pdf • APLC SPAR Swiss Army Knife Pedagogy Into.pdf • APLC SPAR One Page
OAR BED	• PEW OAR BED Framework.pdf
Safety Guidelines	• APLC Safety Guidelines and Professional Practice.pdf
TGFU Resource	• PEW TGFU Overview.pdf



