



ENSURING SUCCESS

USER GUIDE

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Welcome

Welcome to Exemplary Physical Education Curriculum (EPEC) Physical Literacy Active You (PLAY), a physical education curriculum designed to help students in grades kindergarten through fifth grade harness their power to embark on a personalized physical literacy journey and foster life-long health and well-being.

Following the foundation laid by the original award-winning EPEC program, EPEC PLAY takes a step further by emphasizing the importance of physical literacy for lifelong health and wellness.

As a foundational program, EPEC was shown to have had a positive impact on students' physical activity levels, confidence, and skills. The CDC Division of Adolescent and School Health and Michigan Department of Education [found that fourth and fifth graders who received EPEC](#) reported more physical activity, greater confidence in motor skills, and improved physical activity knowledge compared to peers participating in other PE programs. A [2014 study](#) showed a 58% increase in moderate-to-vigorous physical activity among students in urban communities participating in EPEC.

Based on EPEC's strong foundation, the development of EPEC PLAY paves the way for the promising future of physical education.

EPEC PLAY equips children with the skills, confidence, and desire to pursue meaningful and enjoyable physical activity throughout their lives. Incorporating a welcoming environment, EPEC PLAY prioritizes safety, choices, and ownership to help youth create meaningful relationships with physical activity while optimizing student engagement.

EPEC PLAY is designed to enhance outcomes when used as part of a comprehensive approach to education and health. Guided by the [Australian Sports Commission Framework](#) and [Physical Literacy Canada](#), EPEC PLAY embraces a global approach to physical literacy and meets the [2024 SHAPE America National Physical Education Standards](#). EPEC PLAY also aligns with the [Whole School, Whole Community, Whole Child \(WSCC\) model](#), a collaborative whole child approach to education. With the child at the center, WSCC emphasizes the role of the family and





community to support the school improvement related to children's cognitive, physical, social, and emotional development.

EPEC PLAY Materials

Accessing materials

EPEC PLAY is a subscription based digital curriculum available from epecplay.org. The interactive platform makes it easy for educators to access, explore program units and prepare materials for the learning environment from a variety of electronic devices such as a desktop and laptop computers, as well as via tablets, or mobile devices. When access to the internet is not available, educators are in locations offline, or for those who prefer a traditional approach, EPEC PLAY materials may be downloaded to the educator's preferred device and/or printed to best serve the educator and learning environment.

Units & Lessons

The EPEC PLAY curriculum is structured in units and lessons. Each unit consists of two, four, or six lessons related to the overarching theme of the unit. Lessons have intermediate and advanced skills embedded throughout to facilitate customization by the PE teacher based on the skills and needs of the class. This offers a continuum of the skills across the grade levels (K-2 & 3-5). Additionally, lesson components have variations to consider based on students' skills and readiness. Throughout each component, there is scripted content presented in *italics*. Educators can modify the scripted text to be consistent with the terms they use in their teaching.

Lessons are component based as follows throughout the curriculum: Standards, Equipment & Set Up Overview, Welcome, Movement PREP, Skill Development, Purposeful PLAY, Cool Down, and Check for Understanding.

Standards are located at the beginning of each lesson and provide an overview of the lesson and how it aligns with the 2024 SHAPE America National Physical Education Standards.

Overview of Equipment & Set Up provides an outline of the equipment and set up needed for each lesson. Diagrams are included throughout the lesson to help educators visualize the layout for each activity.

Welcome is a brief scripted message that educators may use to introduce the lesson content to students.



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Movement PREP warms up students for the lesson components that follow. The acronym Prep means Prepare, Range of Motion, Elevate Heart Rate, and Prime Muscles. It starts with Fitness Focus, an exercise related to heart power, muscular strength, or flexibility. The Fitness Focus is then followed by a Movement PREP Activity to put the Fitness Focus exercise into practice.

Skill Development provides an opportunity for students to develop movement skills that help them to be physically active inside and outside of school. EPEC PLAY incorporates three different skill development structures. The linear pedagogical approach or PEPR (Prepare, Explain, Practice, Review) helps students develop and practice the lesson skill. The non-linear pedagogical approach called STEP (Space, Task, Equipment, People) provides a modified approach to increase participation across a variety of skill levels. The dynamic pedagogical approach is ever changing, flexible, and responsive to the needs of the students and the world around them to maximize learning.

Purposeful PLAY offers students an opportunity to apply the skills they are learning in an enjoyable manner. It also helps students become familiar with ways they can play whether on the playground, in their community, or at home. As a reoccurring theme in EPEC PLAY, play gives students the ability to connect the physical literacy skills they are developing and carry them throughout their lifespan.

Cool Downs are located at the end of each lesson. They are short activities to help students lower their heart rate and transition to a non-active environment. Educators may also choose to substitute Cool Downs from one lesson to another as needed.

Nutrition-themed Cool Downs incorporate common nutrition concepts integral to the program to remind students to eat healthy and move more for good health. Each unit offers at least two Nutrition-themed Cool Downs for educators to choose from and incorporate into their lessons. Nutrition-themed cool downs are a required component and should not be substituted.

Check for Understanding offers questions to assess whether students understand and can apply the concepts presented during the lesson.





Program Fidelity

To expect positive change in line with the desired program outcomes, EPEC PLAY must be delivered with fidelity as follows:

Provide at least 40 physical education sessions throughout the school year covering the EPEC PLAY Foundational Units. These should include at least:

- Orientation (2 sessions)
- Locomotors (6 sessions)
- Ball Control: Hands (6 sessions)
- Ball Control: Feet (6 sessions)
- Jump Rope (6 sessions)
- Striking (6 sessions)
- Water Safety (4 sessions)
- Track and Field (4 sessions)

Sessions are designed to last 30 minutes, though, educators may adapt as needed to align with class schedules.

Each session must include all components of an EPEC PLAY lesson (Welcome, Movement PREP, Skill Development, Purposeful PLAY, Cool Down or Nutrition-themed Cool Down, and Check for Understanding). Note that all activities within each component must be completed.

Provide EPEC PLAY only for participants in the intended grade-span of the lesson, Kindergarten-Second grade, or Third-Fifth grade.

Follow the recommended school year scope and sequencing below for EPEC PLAY.

Deliver two 30-minute sessions per week per group, or at least one 60-minute class. For teachers that see students every day of the week(s) but only some weeks of the year, additional modifications can be made.

The recommended scope and sequencing is focused on the Foundation Units. Playful Programming is incorporated throughout the scope and sequencing for the educator to implement their own programming or the EPEC PLAY expansion packs (Seasonal Adventures and/or Specialized Movements).

For class cancellations, educators should use their best judgment to determine if students should advance through the lesson.



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EPEC PLAY Recommended Annual Scope and Sequence		
Unit	# of Weeks	# of Sessions
Orientation	1 Week	2 Sessions
Locomotors	3 Weeks	6 Sessions
Playful Programming (Seasonal Adventures Expansion- Fall Adventure)	2 Weeks	4 Sessions
Ball Control: Hands	3 Weeks	6 Sessions
Ball Control: Feet	3 Weeks	6 Sessions
Playful Programming (Specialized Movements Expansion- Non- locomotors)	2 Weeks	4 Sessions
Jump Rope	3 Weeks	6 Sessions
Playful Programming (Seasonal Adventures Expansion- Winter Adventure)	3 Weeks	6 Sessions
Striking	3 Weeks	6 Sessions
Playful Programming	3 Weeks	6 Sessions
Water Safety	2 Weeks	4 Sessions
Playful Programming (Seasonal Adventures Expansion- Spring Adventure)	3 Weeks	6 Sessions
Playful Programming (Specialized Movements Expansion- Striking: Ground Swings)	2 Weeks	4 Sessions
Track & Field	2 Weeks	4 Sessions
Playful Programming (Seasonal Adventures Expansion- Summer Adventure)	2 Weeks	4 Sessions



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Evaluation

Michigan Fitness Foundation provides evaluation and data management services. EPEC PLAY program outcomes are in process to determine the evidence base along with process evaluation to determine the ease of use for educators.

To request evaluation, data management services, or to learn more, email epcoach@michiganfitness.org or evaluation@michiganfitness.org.



Michigan Fitness Foundation programs, resources, and services focus on food, nutrition, and physical activity. To learn more, visit michiganfitness.org/program-materials.
For questions, email resources@michiganfitness.org.

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