



## **What is EPEC PLAY?**

EPEC PLAY is a physical activity curriculum designed to inspire youth to lead active lifestyles throughout the lifespan. It builds on the original EPEC by incorporating physical literacy concepts that align with the 2024 SHAPE America Physical Education Standards. Using a web content management platform, EPEC Play offers educators a flexible curriculum that can be used in a variety of settings.

- EPEC Play empowers and supports educators by developing students' physical literacy needs.
- EPEC Play includes tools to adapt lessons for different skill levels while prioritizing physical and emotional safety.
- EPEC Play allows students to progress on their physical literacy journey at their own pace and develop positive relationships with movement.

## **What is Physical Literacy?**

Physical literacy involves developing the skills, knowledge, and behaviors needed to confidently and actively engage in physical activities. It is an inclusive, lifelong journey unique to each individual, nurtured through diverse experiences and environments. Guided by frameworks from the Australian Sports Commission and Physical Literacy Canada, physical literacy is essential for overall well-being. As an inclusive curriculum, EPEC PLAY ensures students with diverse skills and abilities are supported.

## **EPEC PLAY Subscription Packages & Highlights**

EPEC PLAY allows educators to select a subscription package to fit their classroom needs. The K-5 curriculum is available three ways; kindergarten to second grade, third to fifth grade, and kindergarten to fifth grade.

### **EPEC PLAY Foundational Units**

- Meets 2024 SHAPE America National Physical Education Standards for K-5 students
- Focuses on locomotor skills, object control, and manipulative skills
- Available August 2024

### **EPEC PLAY Seasonal Adventures**

- Four-unit package focusing on outdoor physical activities across four seasons
- Student centered and exploratory to promote outdoor physical activity year-round
- Available in September 2024

### **EPEC PLAY Specialized Movements**

- Designed to encourage students to explore unique movement opportunities
- Promotes creative physical activity applications
- Available December 2024