

Physical Education K-3

Resource List

Updated: 05/23/2025

Curriculum Documents

- Physical Education Kindergarten Curriculum Guide (2025)
- Physical Education 1 Curriculum Guide (2025)
- Physical Education 2 Curriculum Guide (2025)
- Physical Education 3 Curriculum Guide (2025)
- Foundation Document: Physical Education Curriculum for the Province of Newfoundland and Labrador (2025)

Authorized Resources

- [NL K-12 PL site](#): Physical Education Curriculum Videos

Supplementary Resources

- *Educational Gymnastics*
- *Physical Literacy on the Move*
- *Teaching Children Dance (4th ed.)*
- *Teaching Fundamental Motor Skills*