

**FIZIKA PARTNER**



## ***Build On the Power of Positive Energy!***

Empower students to be active for a lifetime. EPEC is an easy-to-use, award-winning curriculum aligned with NASPE standards. EPEC teaches students the knowledge and skills and fosters the competence and confidence they need to enjoy physical activity for a lifetime.

### **EPEC**

*Exemplary Physical Education Curriculum*

**Available for both elementary and secondary grade levels.**

### **TRUE CURRICULUM**

EPEC is a quality, standards-based PE curriculum that aligns curriculum, instruction and assessment. Adopt as is, or use as a rich resource with existing curricula.

### **SOUND INSTRUCTION**

Lessons are fun for students and easy to use for teachers. Lessons establish learning outcomes related to a standard, motivate students, maximize practice time and promote activity outside of class.

### **QUALITY ASSESSMENTS**

Easy-to-score assessment rubrics show the difference quality PE makes. Provides a convenient method to highlight student success for parents and administrators.

### **EVIDENCE-BASED**

According to a recent [CDC study](#), EPEC students performed better than non-EPEC students in motor skill development, self-efficacy and daily physical activity.



***“[EPEC] is an awesome curriculum with user-friendly, graphically rich instructional materials that work.”***

**Dan Hogg**

**Potterville Public Schools, Mich.**

***“Students are excited about their high levels of skill achievement and eagerly look forward to the next day’s challenges.”***

**Chris Lake**

**Western School District, Mich.**

**Ask us** how to customize a package tailored to your needs and budget.

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**Fizika Group, LLC**  
**[www.fizikagroup.com](http://www.fizikagroup.com)**

**Fi.zi.ka**<sup>®</sup>  
POSITIVE ENERGY<sup>™</sup>

## EPEC for Grades K-5



### What's included in the EPEC K-5 box:

- Curriculum Overview including scope and sequence matrix
- 35 objective folders color-coded by NASPE standard with:
  - Developmentally appropriate teaching/learning progressions
  - Instructions lessons
  - Reinforcing activities with integrated nutrition messages
  - Assessment Rubrics
- Music CD
- Inservice Training CD

### Optional Items:

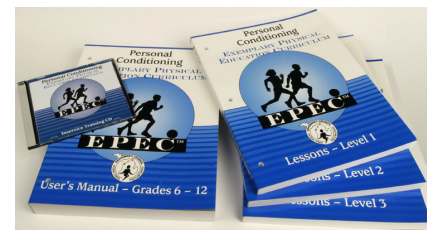
- Color Posters
- Animation DVDs



## EPEC for Grades 6-12

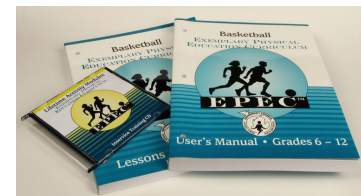
Six EPEC modules are available for secondary. Each module includes three levels of instruction suitable for any grades 6-12.

The **Personal Conditioning Module** is the cornerstone of EPEC for secondary. It equips students with the skills, knowledge and motivation to begin a personal conditioning program.



Five **Lifetime Activity Modules (LAMS)** equip students for basic proficiency in physical activities they can enjoy for a lifetime. Available LAMS include:

- Basketball
- Golf
- Resistance training
- Volleyball
- Soccer



**Optional Posters** (11X17") for each module include graphics, cue words and assessment criteria.



## EPEC Price List

For a complete list of all EPEC and related products described above, visit our website:

[www.fizikagroup.com/partner-EPEC](http://www.fizikagroup.com/partner-EPEC)