

# PHYSICAL EDUCATION

## Outside of the Clock



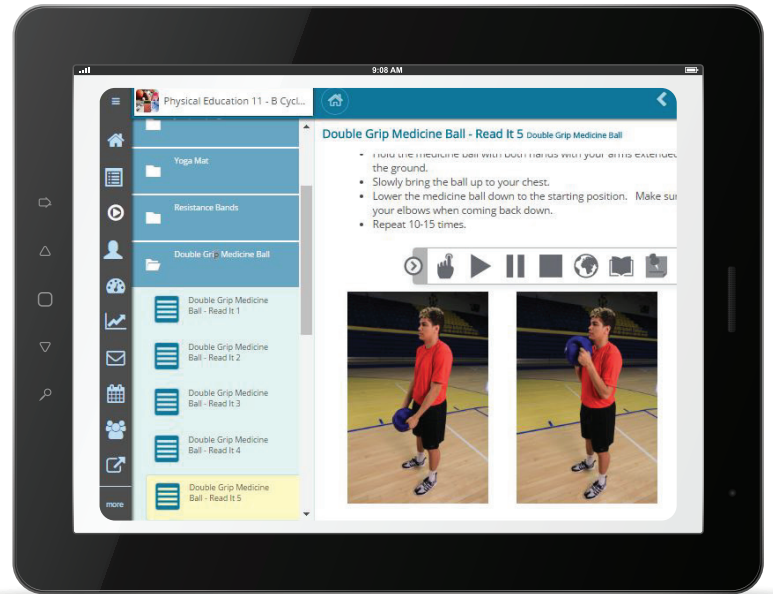
LINCOLN  
EMPOWERED™

Because Lincoln Empowered PE can be accessed at any time from any place, schools can create more learning time for accelerated learners, struggling learners, or students in need of flexible scheduling options.

Visit [info.lincolnlearningsolutions.org/phyped](https://info.lincolnlearningsolutions.org/phyped)

Personalized and standards-aligned, Lincoln Empowered PE is a fully adaptive curriculum designed to meet the unique needs of all EK-12 students, regardless of physical ability, skill, or location. The program provides traditional, virtual, and home schools with a cost-effective option for high-quality physical education.

Written, designed, and produced based on the national SHAPE standards for physical education, Lincoln Empowered PE offers a complete, rigorous course of study. Each course focuses on the five essential components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.



## Online Instruction

Each Empowered PE lesson features a collection of broadcast-quality videos demonstrating physical activities and showcasing equipment provided in the grade-specific supply kits.

## Extensive Materials

For every course in Empowered PE, an accompanying equipment kit provides the appropriate gear along with personal manuals and an instructional DVD.



## Wearable Technology

Wearable technology provides an unprecedented level of personal assessment and accountability for each student.



## Adaptive Curriculum

Fully adaptive to meet the unique student requirements for all levels of ability and skill.

