

## Core Skills Analysis

### Physical Education

- Developed gross motor skills through running, jumping, and catching activities during the APE class.
- Improved hand-eye coordination by participating in ball games and movement exercises.
- Learned the importance of teamwork and cooperation while engaging in partner and group activities.
- Enhanced spatial awareness by navigating through different play setups and movement stations.

### Tips

To further enhance motor skills, consider integrating more varied outdoor play activities that challenge the student's agility and coordination. Structured games that require both individual and group participation can foster a deeper understanding of teamwork while promoting physical fitness.

### Book Recommendations

- [My Big Animal Book](#) by Little Globe: A vibrant introduction to various animals, promoting movement and imagination through playful illustrations.
- [From Head to Toe](#) by Eric Carle: This interactive book encourages children to mimic animal movements, connecting physical activity with storytelling.
- [The Very Hungry Caterpillar](#) by Eric Carle: A classic tale that involves counting and movement as children follow the caterpillar's journey through food items.