

PHYSICAL EDUCATION

Purpose: Physical education introduces the basic concepts of motor skill development, fitness, and personal and social competency. Through various games, physical activities, and sports the students are brought to understand the importance of fitness as it relates to one's health. As the children progress through school, they engage in more strenuous physical activities and challenging sports, all gauged to the appropriate grade level.

Overview: Physical Education across the grades levels, introduces, refines, and masters the following:

- Motor skill development
- Fitness
- Personal and social competency
- Age appropriate assessments

Sampling of topics covered:

- Movement concepts
- Basic throwing, catching, kicking and hitting balls.
- Running, skipping, hopping, sliding, and jumping on a schedule.
- Learn how to work with other students in a team atmosphere.
- Learn proper behavior in an active setting
- Learn the good health is dependent on physical fitness and an active lifestyle.
- Understand that recreation and exercise, as well as nutrition and rest, contribute to good health.
- Take direction as both an individual and a member of the group.
- Identify both the physical and psychological changes that result from participation in physical activities from personal and team standpoints.