

PHYSICAL EDUCATION

Kindergarten - Grade Eight

The goal of the Physical Education Program is to promote Christian sportsmanship as students participate in a variety of activities that develop their physical well being. To develop a variety of skills depending on grade level.

Kindergarten - Grade Two:

Gross motor skills, body awareness, basic ball handling skills, cooperative group work, risk taking, balance, win/lose acceptance[, poise/creativity and safety rules

Grades Three - Four:

Gross motor skills, ball handling skills, eye-hand coordination, cooperative team work, sports rules/strategies, rhythmic activities, static and dynamic balance, appreciation for participation in activity and aerobic endurance

Grades Five - Six:

Gross motor development, individual fitness skills, formalized rules for sports and games, good sportsmanship, healthy fitness/nutrition habits, communication skills, eye-hand coordination, muscular strength/endurance, flexibility, personal fitness pursuits and positive body image

Grades Seven - Eight:

Gross motor development, fitness skills and concepts, rules and etiquette, individual fitness skills, scoliosis screening, sportsmanship, teamwork and cooperation and conflict resolution

- To develop good sportsmanship and Christian attitude

By participating in cooperative activities

By focusing on fun and physical well being instead of winning or losing

By demonstrating emotional control

INSTRUCTION

Kindergarten receives 20 minutes, primary grades receive 40 minutes and grades seven and eight receive 60 minutes of Physical Education a week. A variety of games and exercises are planned including working with balls, movement patterns, jumping rope, rhythmic exercises, running, gymnastic sequence, advanced motor dynamics, warm-up conditioning and cool down techniques, fitness and weight training. Each spring there is

a field day where students participate in activities such as throwing, running, basketball, tug of war and jump roping. Each student is given a Participant ribbon and the winner of each event has it written on the back of his/her ribbon. There is a basketball team for the following grades: five and six girls, five and six boys; seven and eight girls, seven and eight boys. In addition to the basketball, whiffle ball for grades six through eight is offered in the spring.

The physical education teacher has incorporated elements of team building activities from Project Adventures, Inc. Project Adventure activities consist of non-traditional games, warm-ups, trust exercise, and group solving activities. Examples of this include the Keypunch Kit involving problem solving in the area of transport and Object Retrieval Kit involving problem solving in the area of retrieval. The school has also purchased group canvas walkers that take teams of four to work cooperatively to move from one location to another.