

Physical Education

- **Kindergarten, First Grade and Second Grade** - The focus in Physical Education for the primary level is on basic skills: locomotor movements (running, skipping, hopping galloping and sliding), non-locomotor skills (bending, twisting, stretching, turning, and lifting), basic skills (throwing, catching, hand & foot dribble, kick and strike), movement activities and balance activities. We center in on the benefits of physical activity and the use of good sportsmanship.
- **Third, Fourth and Fifth Grades** - Physical Education for the intermediate level works with the mature form of the basic skills and gears them towards the sport specific skills. We take the knowledge learned and use this to improve one's own physical and mental well-being. Offense and defense strategies are worked on along with social skills with the use of good sportsmanship.
- **Middle School (Sixth, Seventh and Eighth Grades)** - The Middle School level teaches specific skills for individual and team sports (soccer, football, volleyball, bowling, basketball, floor hockey, tumbling, dance, jump rope, fitness, track & field, tennis and softball). Offense and defense strategies are learned along with developing and maintaining cardio respiratory endurance, muscular strength, flexibility and body composition.