

COURSE DESCRIPTION

The K – 4th grade P.E. classes are divided into five instructional parts which include 1) Introductory Activity, 2) Fitness Development Activity, 3) Lesson Focus Activities, 4) Game Activities and 5) Quiet Activities. Introductory Activities include various tag games used to warm the body and get children moving. During our Fitness Activity, we will talk about seeing personal fitness in a positive light – “I can do *one* push-up – yea! Now I get to work on doing *two*. We will talk about magnifying our talents and acquiring talents we desire. Children set their own goals and those who wish may strive to achieve the Presidential Fitness goals. The Lesson Activity usually focuses on learning specialized skills such as throwing, catching, dribbling and shooting a basket etc. We have many different games in which the children run and run and run. They get plenty of exercise while having fun. Last of all, we will practice sitting quietly while listening to sacred music, relaxing the body or singing primary songs, In January, children will participate in a dance festival, performing toe tapping, feet stomping dance numbers for peers, parents and guests. It will be an event you won’t want to miss.

COURSE OBJECTIVES

Scholars will demonstrate their mastery of the curriculum through the following tasks:

- 1) Presidential Fitness Testing
- 2) Dance Festival

COURSE TEXTS

N/A

COURSE ASSIGNMENTS

In this course you will memorize the following:

My Gospel Standards

GRADING: SCALE

Grading for grades K – 4th grades is IP