

American Heritage School Physical Education Curriculum Kindergarten

Principles of focus:	<p>"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20)</p> <p><u>God's Principle of Individuality</u>- Understand who you are. You are a child of God. This body is a gift from God. We are his. Man is sacred property of God.</p> <p><u>Principle of Christian Self-Government</u>- Understand how to govern self according to God's laws.</p> <p><u>Principle of Christian Character</u>- "Therefore I urge you broths in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." (1 Corinthians 6: 19-20) – Decide what you will make of yourself. Keep your body fit so you will have a fit tool to offer God. That you may be of great service to Him in building the kingdom of God.</p>
Requirements:	<p>Obey the rules of the class.</p> <p>Participate in all activities.</p>
Objectives: Internal	<p>Develop listening skills</p> <p>Develop respect for teachers and fellow students</p> <p>Learn good sportsmanship (Matthew 7:12)</p> <p>Develop a good attitude (II Timothy 2:5)</p> <p>Learn to follow directions</p> <p>Develop self-control and learn to be self-governed (Colossians 3:24-25)</p> <p>Develop cooperation with others</p> <p>Develop confidence by focusing on the positive points of self</p> <p>Develop honesty and integrity</p>
Objectives: External	<p>Develop skill and coordination</p> <p>Gain a general knowledge of the rules of games.</p> <p>Learn to exercise---to learn the benefits both physically, mentally and spiritually</p> <p>Develop endurance</p> <p>Develop physical strength</p> <p>Strengthen weaknesses--further develop strong points</p> <p>Develop good health habits.</p>

	Learn to play with others safely. (Proverbs 4:11-13) Show an overall improvement from September to June
Topic suggestions	Participate year round in "The President's Physical Fitness Program." Begin a new set of exercises each quarter Practice sports in the appropriate season and learn the rules Play such games as dodge ball, relay races, and running distances. Work on ball skills such as catching, dribbling; jump rope, and hula hoop Learn competitive games such as kickball, volleyball, soccer, basketball, "T" ball and football in the different quarters.

American Heritage School Physical Education Curriculum First Grade

Principles of focus:	<p>"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20)</p> <p><u>God's Principle of Individuality</u>- Understand who you are. You are a child of God. This body is a gift from God. We are his. Man is sacred property of God.</p> <p><u>Principle of Christian Self-Government</u>- Understand how to govern self according to God's laws.</p> <p><u>Principle of Christian Character</u>- "Therefore I urge you broths in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." (1 Corinthians 6: 19-20) – Decide what you will make of yourself. Keep your body fit so you will have a fit tool to offer God. That you may be of great service to Him in building the kingdom of God..</p>
Requirements:	<p>Exercise.</p> <p>Obey the rules of the class.</p> <p>Participate in all activities.</p> <p>Work diligently on the President's Physical Fitness Program.</p>
Objectives: Internal	<p>Develop listening skills.</p> <p>Develop respect for teachers and fellow students.</p> <p>Learn good sportsmanship (Matthew 7:12).</p> <p>Develop confidence, always focusing the positive points of the self.</p> <p>Develop a good attitude (II Timothy 2:5).</p> <p>Develop self-control and learn to be self-governed (Colossians 3:24-25).</p> <p>Develop cooperation with others.</p> <p>Develop honesty and integrity</p> <p>Learn how to respond to and follow directions.</p>
Objectives: External	<p>Develop skill and coordination.</p> <p>Gain a general knowledge of the rules of games and sports..</p> <p>Learn to exercise---to learn the benefits physically, mentally and spiritually.</p> <p>Develop endurance.</p> <p>Develop physical strength.</p>

	<p>Strengthen weaknesses--further develop strong points. Develop good health habits. Learn to play with others safely. (Proverbs 4:11-13) Develop and strengthen the child in both body and spirit through conditioning, Participate in the physical, mental, emotional, and spiritual activities that develop strength, speed, skill, endurance, coordination, and cooperation Participate in the Presidential Fitness Program-students age 6 and up Show an overall improvement from September to June.</p>
Topic suggestions	<p>Participate year round in "The President's Physical Fitness Program." Begin a new set of exercises each quarter Practice sports in the appropriate season and learn the rules Teach basic health and hygiene: including proper nutrition, good dental health, good personal hygiene. Play such games as dodge ball, relay races, and running distances. Work on ball skills such as catching, dribbling; jump rope, and hula hoop Learn competitive games such as kickball, volleyball, soccer, basketball, "T" ball and football in the different quarters.</p>

American Heritage School Physical Education Curriculum Second Grade

Principles of focus:	<p>"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20)</p> <p><u>God's Principle of Individuality</u>- Understand who you are. You are a child of God. This body is a gift from God. We are his. Man is sacred property of God.</p> <p><u>Principle of Christian Self-Government</u>- Understand how to govern self according to God's laws.</p> <p><u>Principle of Christian Character</u>- "Therefore I urge you broths in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." (1 Corinthians 6: 19-20) – Decide what you will make of yourself. Keep your body fit so you will have a fit tool to offer God. That you may be of great service to Him in building the kingdom of God.</p>
Course Requirements:	<p>Exercise.</p> <p>Obey the rules of the class.</p> <p>Participate in all activities.</p> <p>Work diligently on the President's Physical Fitness Program.</p>
Objectives: Internal	<p>Develop listening skills.</p> <p>Develop respect for teachers and fellow students.</p> <p>Learn good sportsmanship (Matthew 7:12).</p> <p>Develop confidence, always focusing the positive points of self.</p> <p>Learn to follow directions.</p> <p>Develop self-control and learn to be self-governed (Colossians 3:24-25).</p> <p>Develop cooperation with others.</p> <p>Develop honesty and integrity</p> <p>Develop a positive attitude</p>
Objectives: External	<p>Develop skill and coordination.</p> <p>Gain a general knowledge of the rules of games and sports..</p> <p>Learn to exercise---to learn the benefits physically, mentally and spiritually.</p> <p>Develop endurance.</p> <p>Develop physical strength.</p>

	<p>Strengthen weaknesses--further develop strong points. Develop good health habits. Learn to play with others safely. (Proverbs 4:11-13) Show an overall improvement from September to June. Participate in the President's Physical Fitness Program-students age 6 and up.</p>
Topic suggestions	<p>Participate year round in "The President's Physical Fitness Program." Begin a new set of exercises each quarter Practice sports in the appropriate season and learn the rules Teach basic health and hygiene including: proper nutrition, good dental health, good personal hygiene. Play such games as dodge ball, relay races, and running distances. Work on ball skills such as catching, dribbling; jump rope, and hula hoop Learn competitive games such as kickball, volleyball, soccer, basketball, "T" ball and football in the different quarters.</p>

American Heritage School Physical Education Curriculum Third Grade

Principles of focus:	<p>. "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20)</p> <p><u>God's Principle of Individuality</u>- Understand who you are. You are a child of God. This body is a gift from God. We are his. Man is sacred property of God.</p> <p><u>Principle of Christian Self-Government</u>- Understand how to govern self according to God's laws.</p> <p><u>Principle of Christian Character</u>- "Therefore I urge you broths in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." (1 Corinthians 6: 19-20) – Decide what you will make of yourself. Keep your body fit so you will have a fit tool to offer God. That you may be of great service to Him in building the kingdom of God.</p> <p><u>Principle of "Conscience is the Most Sacred of All Property"</u> (stewardship of my body)</p> <p>Christian Character: "Therefore I urge you brothers in view of God's mercy. To offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship." (I Corinthians 6:19-20)</p> <p>Principle of "Conscience is the Most Sacred of All Property" – Develop an educated conscience according to Christian principles. Let the Holy Ghost guide you to do what is right, (Colossians 3:17, 23, II Corinthians 3: 13). God wills us to govern our bodies for His glory (Romans 6:13, I Thessalonians 4:4). You have stewardship over your body</p>
Course Requirements	<p>Exercise</p> <p>Obey the rules of the class</p> <p>Participate in all activities</p> <p>Work diligently on the President's Physical Fitness Program.</p>
Objectives: Internal	<p>Develop listening skills.</p> <p>Develop respect for teachers and fellow students.</p> <p>Learn good sportsmanship (Matthew 7:12).</p> <p>Develop confidence, always focusing the positive points of the self. (D&C 121:45-46)</p> <p>Learn to follow directions.</p> <p>Develop self-control and learn to be self-governed (Colossians 3:24-25).</p> <p>Develop cooperation with others.</p>

	<p>Develop honesty and integrity</p> <p>Develop a positive attitude</p>
Objectives: External	<p>Develop skill and coordination.</p> <p>Gain a general knowledge of the rules of games and sports.</p> <p>Learn to exercise---to learn the benefits physically, mentally and spiritually.</p> <p>Develop endurance.</p> <p>Develop physical strength.</p> <p>Strengthen weaknesses--further develop strong points.</p> <p>Be aware of and develop good health habits.</p> <p>Learn to play with others safely. (Proverbs 4:11-13)</p> <p>Show an overall improvement from September to June.</p> <p>Participate in the President's Physical Fitness Program-students age 6 and up.</p>
Topic Suggestions	<p>Participate year round in "The President's Physical Fitness Program."</p> <p>Begin a new set of exercises each quarter</p> <p>Practice sports in the appropriate season and learn the rules</p> <p>Teach basic health and hygiene.</p> <p>Discuss proper nutrition, good dental health, good personal hygiene.</p> <p>Play such games as dodge ball, relay races, and running distances.</p> <p>Work on ball skills such as catching, dribbling; jump rope, and hula hoop</p> <p>Learn competitive games such as kickball, volleyball, soccer, basketball, "T" ball and football in the different quarters.</p>

American Heritage School Physical Education Curriculum Fourth Grade

Principles of focus:	<p>"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20)</p> <p><u>God's Principle of Individuality</u>- Understand who you are. You are a child of God. This body is a gift from God. We are his. Man is sacred property of God.</p> <p><u>Principle of Christian Self-Government</u>- Understand how to govern self according to God's laws.</p> <p><u>Principle of Christian Character</u>- "Therefore I urge you broths in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." (1 Corinthians 6:19-20) – Decide what you will make of yourself. Keep your body fit so you will have a fit tool to offer God. That you may be of great service to Him in building the kingdom of God.</p> <p><u>Principle of "Conscience is the Most Sacred of All Property"</u> – Develop an educated conscience according to Christian principles. Let the Holy Ghost guide you to do what is right, (Colossians 3:17, 23, II Corinthians 3: 13). God wills us to govern our bodies for His glory (Romans 6:13, I Thessalonians 4:4). You have stewardship over your body.</p>
Course Requirements	<p>Exercise</p> <p>Obey the rules of the class</p> <p>Participate in all activities</p> <p>Work diligently on the President's Physical Fitness Program.</p>
Objectives: Internal	<p>Develop listening skills.</p> <p>Develop respect for teachers and fellow students.</p> <p>Learn good sportsmanship (Matthew 7:12).</p> <p>Develop confidence, always focusing the positive points of the self. (D&C 121:45-46)</p> <p>Learn to follow directions.</p> <p>Develop self-control and learn to be self-governed (Colossians 3:24-25).</p> <p>Develop cooperation with others.</p> <p>Develop honesty and integrity</p> <p>Develop a positive attitude.</p>
Objectives: External	<p>Develop skill and coordination.</p>

	<p>Gain a general knowledge of the rules of games and sports. Learn to exercise---to learn the benefits both physically, mentally and spiritually. Develop endurance. Develop physical strength. Strengthen weaknesses--further develop strong points. Be aware of and develop good health habits. Learn to play with others safely. (Proverbs 4:11-13) Show an overall improvement from September to June. Participate in the President's Physical Fitness Program-students age 6 and up.</p>
<p>Topic Suggestions</p>	<p>Participate year round in "The President's Physical Fitness Program." Begin a new set of exercises each quarter Practice sports in the appropriate season and learn the rules Teach basic health and hygiene. Discuss proper nutrition, good dental health, good personal hygiene. Play such games as dodge ball, relay races, and running distances. Work on ball skills such as catching, dribbling; jump rope, and hula hoop Learn competitive games such as kickball, volleyball, soccer, basketball, "T" ball and football in the different quarters.</p>

American Heritage School Physical Education Curriculum Fifth Grade

Principles of focus:	<p>Recognize and value the "Giver and Sustainer" of all physical, and spiritual life. (Genesis 2:7, Psalms 139:14, Colossians 1:16-17)</p> <p>Recognize and fulfill our reasonable service that is to glorify God with our body which was brought by the blood of Jesus and which belongs to God. (I Corinthians 6:19-20, Romans 12:1)</p> <p>Enhance the entire physical, emotional, and mental, and spiritual well being of the individual. (Matthew 22:36-40)</p> <p>God made us and knows us better than anyone. (Psalm 139)</p> <p>God owns and values us; He is concerned with our treatment of our bodies, which is His temple. (I Corinthians 6:19-20, 3:16-17)</p> <p>God made us as individuals with different appearances, metabolisms, skills and strengths. (I Corinthians 12:27, D&C 46:11)</p> <p>God wills us to govern our bodies for His glory and fulfillment of our purposes. (Romans 6:13, I Thessalonians 4:4)</p> <p>God has given us a conscience regenerated by His Holy Spirit to do what is right in His sight. (Colossians 3:17,23; II Corinthians 3:13)</p> <p>Develop honesty and integrity</p>
Skill objectives	<p>Know and love the maker of our bodies</p> <p>Appreciate and desire to care for our bodies.</p> <p>Develop the character of Christ in the individual on and off the playing field.</p> <p>Develop body coordination, skill, strength, speed, and endurance.</p> <p>Provide sufficient physical activity for normal and natural growth and development.</p> <p>Generate an interest and knowledge of certain athletic rules and histories.</p> <p>Improve in the "President's Challenge" toward the Presidential Physical Fitness Award.</p>
Course Requirements	<p>Promptness to class or exercise lines.</p> <p>Sincere participation in exercises, skill practices, and games</p> <p>Participation in the "President's Challenge"</p>
First Quarter:	<p>"President's Challenge" training and pre-test</p> <p>P.E. Foundation with cooperative and team building activities.</p>

	Ultimate Frisbee (as lead up to Flag Football) Flag Football Soccer
Second Quarter	"President's Challenge" training and preliminary test Health education Volleyball Scooter Soccer Omni kin Ball Games Dance
Third Quarter	"President's Challenge" training and preliminary test Health education Dance Basketball Dodge ball/Capture the Flag Scooter Soccer/Omni kin
Fourth Quarter	"President's Challenge" training and qualifying test Health education Softball Kickball Volleyball Soccer/Flag football Capture the Flag/ Dodge ball

American Heritage School Physical Education Curriculum Sixth Grade

Principles of focus:	<p>Recognize and value the "Giver and Sustainer" of all physical, and spiritual life. (Genesis 2:7, Psalms 139:14. Colossians 1:16-17)</p> <p>Recognize and fulfill our reasonable service that is to glorify God with our body which was bought by the blood of Jesus and which belongs to God. (I Corinthians 6:19-20, Romans 12:1)</p> <p>Enhance the entire physical, emotional, and mental, and spiritual well-being of the individual. (Mathew 22:36-40)</p> <p>Build a cooperative team spirit of mutual support of each member of our team. (John 13:34-35)</p> <p>God made us and knows us better than anyone. (Psalm 139)</p> <p>God owns and values us; He is concerned with our treatment of our bodies, which is His temple. (I Corinthians 6:19-20, 3:16-17)</p> <p>God made us as individuals with different appearances, metabolisms, skills and strengths. (I Corinthians 12:27, D&C 46:11)</p> <p>God wills us to govern our bodies for His glory and fulfillment of our purposes. (Romans 6:13, I Thessalonians 4:4)</p> <p>God has given us a conscience regenerated by His Holy Spirit to do what is right in His sight. (Colossians 3:17,23; II Corinthians 3:13)</p>
Skill objectives	<p>Know and love the maker of our bodies</p> <p>Appreciate and desire to care for our bodies.</p> <p>Develop the character of Christ in the individual on and off the playing field.</p> <p>Develop body coordination, skill, strength, speed, and endurance.</p> <p>Provide sufficient physical activity for normal and natural growth and development.</p> <p>Generate an interest and knowledge of certain athletic rules and histories.</p> <p>Improve in the "President's Challenge" toward the Presidential Physical Fitness Award.</p>
Course Requirements	<p>Promptness to class or exercise lines.</p> <p>Sincere participation in exercises, skill practices, and games</p> <p>Participation in the "President's Challenge"</p>
First Quarter:	<p>"President's Challenge" training and pre-test</p> <p>Health education</p> <p>P.E. Foundation with cooperative and teambuilding activities</p>

	Flag Football Ultimate Frisbee
Second Quarter	"President's Challenge" training and preliminary test Health education Volleyball Scooter Soccer Omni kin Ball Games Dance
Third Quarter	"President's Challenge" training and preliminary test Health education Dance Basketball Dodge ball/Capture the Flag Scooter Soccer/ Omni kin
Fourth Quarter	"President's Challenge" training and qualifying test Health education Softball Kickball Volleyball Soccer/Flag Football Capture the Flag/Dodge ball

American Heritage School Physical Education Curriculum Seventh Grade

Principles of focus:	<p>Recognize and value the "Giver and Sustainer" of all physical, and spiritual life. (Genesis 2:7, Psalm 139:14, Colossians 1:16-17, Mark 12:30)</p> <p>Recognize that each student has been created in the image of God, gifted with individual talents and abilities, which must be under the disciplines and self-government of God to enable him to reach his full potential in Christ, our Creator. (Genesis 1:27; Matthew 25:15)</p> <p>Recognize and fulfill our reasonable service that is to glorify God with our body which was bought by the blood of Jesus and which belongs to God. (I Corinthians 6:19-20, Romans 12:1-2)</p> <p>Enhance the entire physical, emotional, and mental, and spiritual well being of the individual. (D&C 82:3)</p> <p>Build a cooperative team spirit of mutual support of each member of our team. (John 13:34-35)</p> <p>God made us and knows us better than anyone. (Psalm 139)</p> <p>God owns and values us; He is concerned with our treatment of our bodies, which is His temple. (I Corinthians 6:19-20, 3:16-17)</p> <p>God made us as individuals with different appearances, metabolisms, skills and strengths. (I Corinthians 12:27; D&C 46:11)</p> <p>God wills us to govern our bodies for His glory and fulfillment of our purposes. (Romans 6:13, I Thessalonians 4:4)</p> <p>The Teenage years are designed for an individual's maximum potential in the areas of physical growth and dynamic service for God. It is his desire for us to achieve our full potential in Him. (I Timothy 4:12; Ecclesiastics 3:1)</p> <p>As a team, we will learn to pool our skills, talents and knowledge to make a positive effect in our teammates and ourselves. (John 13:34)</p> <p>God has given us a conscience regenerated by His Holy Spirit to do what is right in His sight. (Colossians 3:17,23; II Corinthians 3:13)</p>
Requirements	<p>Team leaders will be assigned quarterly.</p> <p>They will exhibit the attributes of Christian behavior and will be an example to their fellow classmates.</p> <p>A team leader will be responsible to start warm-up exercises promptly after the roll is taken.</p> <p>Sincere and enthusiastic participation.</p> <p>Exhibit the attributes of self-government and team spirit.</p> <p>A personal desire to improve physically, emotionally, spiritually, and intellectually.</p>

	Participating in the "President's Challenge"
Skill objectives	<p>Know and love the maker of our bodies</p> <p>Appreciate and desire to care for our bodies.</p> <p>Develop the character of Christ in the individual on and off the playing field.</p> <p>Develop body coordination, skill, strength, speed, and endurance.</p> <p>Provide sufficient physical activity for normal and natural growth and development.</p> <p>Generate an interest and knowledge of certain athletic rules and histories.</p> <p>Improve in the "President's Challenge" toward the Presidential Physical Fitness Award.</p>
Course Requirements	<p>Promptness to class or exercise lines.</p> <p>Sincere participation in exercises, skill practices, and games</p> <p>Participation in the "President's Challenge"</p>
First Quarter:	<p>P.E. Foundation with cooperative and teambuilding activities</p> <p>Ultimate Frisbee as lead up to Flag Football</p> <p>Flag Football</p> <p>Presidential Challenge</p>
Second Quarter	<p>Volleyball</p> <p>Health Education</p> <p>Scooter Soccer</p> <p>Omni kin ball games</p> <p>Dance</p> <p>Presidential Challenge</p>
Third Quarter	<p>Dance</p> <p>Basketball</p> <p>Dodge ball/Capture the Flag</p> <p>Soccer/Omni kin ball games</p> <p>Presidential Challenge</p>
Fourth Quarter	<p>Complete Presidential Challenge</p> <p>Kickball</p> <p>Volleyball</p> <p>Capture the Flag</p> <p>Dodge ball</p> <p>Soccer</p> <p>Flag Football</p>

American Heritage School Physical Education Curriculum Eighth Grade

Principles of focus:	<p>Recognize and value the "Giver and Sustainer" of all physical, and spiritual life. (Genesis 2:7, Psalm 139:14, Colossians 1:16-17, Mark 12:30)</p> <p>Recognize that each student has been created in the image of God, gifted with individual talents and abilities, which must be under the disciplines and self-government of God to enable him to reach his full potential in Christ, our Creator. (Genesis 1:27; Matthew 25:15)</p> <p>Recognize and fulfill our reasonable service that is to glorify God with our body which was bought by the blood of Jesus and which belongs to God. (I Corinthians 6:19-20, Romans 12:1-2)</p> <p>Enhance the entire physical, emotional, and mental, and spiritual well-being of the individual. (D&C 82:3)</p> <p>Build a cooperative team spirit of mutual support of each member of our team. (John 13:34-35)</p> <p>God made us and knows us better than anyone. (Psalm 139)</p> <p>God owns and values us; He is concerned with our treatment of our bodies, which is His temple. (I Corinthians 6:19-20, 3:16-17)</p> <p>God made us as individuals with different appearances, metabolisms, skills and strengths. (I Corinthians 12:27; D&C 46:11)</p> <p>God wills us to govern our bodies for His glory and fulfillment of our purposes. (Romans 6:13, I Thessalonians 4:4)</p> <p>The Teenage years are designed for an individual's maximum potential in the areas of physical growth and dynamic service for God. It is his desire for us to achieve our full potential in Him. (I Timothy 4:12; Ecclesiastics 3:1)</p> <p>As a team, we will learn to pool our skills, talents and knowledge to make a positive effect in our teammates and ourselves. (John 13:34)</p> <p>God has given us a conscience regenerated by His Holy Spirit to do what is right in His sight. (Colossians 3:17,23; II Corinthians 3:13)</p>
Requirements	<p>Team leaders will be assigned quarterly.</p> <p>They will exhibit the attributes of Christian behavior and will be an example to their fellow classmates.</p> <p>A team leader will be responsible to start warm-up exercises promptly after the roll is taken..</p> <p>Sincere and enthusiastic participation.</p>

	<p>Exhibit the attributes of self-government and team spirit.</p> <p>A personal desire to improve physically, emotionally, spiritually, and intellectually.</p> <p>Participating in the "President's Challenge"</p>
Skill objectives	<p>Know and love the maker of our bodies</p> <p>Appreciate and desire to care for our bodies.</p> <p>Develop the character of Christ in the individual on and off the playing field.</p> <p>Develop body coordination, skill, strength, speed, and endurance.</p> <p>Provide sufficient physical activity for normal and natural growth and development.</p> <p>Generate an interest and knowledge of certain athletic rules and histories.</p> <p>Improve in the "President's Challenge" toward the Presidential Physical Fitness Award.</p>
Course Requirements	<p>Promptness to class or exercise lines.</p> <p>Sincere participation in exercises, skill practices, and games</p> <p>Participation in the "President's Challenge"</p>
First Quarter:	<p>P.E. Foundation with cooperative and teambuilding activities</p> <p>Ultimate Frisbee as lead up to Flag Football</p> <p>Flag Football</p> <p>Presidential Challenge</p>
Second Quarter	<p>Volleyball</p> <p>Health Education</p> <p>Scooter Soccer</p> <p>Omni kin ball games</p> <p>Dance</p> <p>Presidential Challenge</p>
Third Quarter	<p>Dance</p> <p>Basketball</p> <p>Dodge ball/Capture the Flag</p> <p>Soccer/Omni kin ball games</p> <p>Presidential Challenge</p>
Fourth Quarter	<p>Complete Presidential Challenge</p> <p>Kickball</p> <p>Volleyball</p> <p>Capture the Flag</p> <p>Dodge ball</p>

	Soccer Flag Football
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