



Christ Episcopal School

Physical Education

Overview

Concepts and activities include but are not limited to the following:

Pre-school—Students have physical education with an instructor each day. Physical education is also a by-product of the music, art, and creative play activities that occur throughout each day.

- Hop on one foot
- Balance
- Kick a ball
- Play simple games
- Run laps, stretch, and jumping jacks
- Eye-hand coordination activities
- Learn playground safety
- Gross motor coordination activities
- personal space movement; stopping and starting

Kindergarten—Physical education is important to children's health, growth, and development. Students attend physical education class daily to:

- acquire knowledge and skills of movement that provides the foundation for continued social development through physical activity and access to a physically active life
- gain strength, endurance, and flexibility
- learn how the muscles, bones, heart, and lungs function
- study movement, physical activity, and health.

First, Second and Third Grades—Students attend physical education class daily and receive instruction from a physical education teacher.

Various skills are learned to:

- develop strength, endurance, and flexibility
- perform fundamental loco-motor and manipulative skills daily

First, Second and Third Grades cont.

- demonstrate social development and sportsmanship
- demonstrate effective communication, consideration, and respect of others during physical activities.

Fourth, Fifth and Sixth Grades—Students attend physical education class daily and receive instruction from a physical education teacher. Various sports are learned to:

- develop strength, endurance, and flexibility
- perform fundamental loco-motor and manipulative skills daily
- demonstrate social development and sportsmanship
- demonstrate effective communication, consideration, and respect of others during physical activities.

