

Physical Education Kindergarten & 1st Grade



It is my goal to provide the best physical education experience for your child. Our youth must grow and develop with an understanding and commitment to lifetime fitness. The key to fitness lies in our ability to motivate our children to take **Responsibility** for their **Own** personal fitness. When our children see **Us** taking care of our health and getting fit, so will they. Remember, children learn best from good example!

The curriculum will include the following:






- Locomotor Skills
 - Jumping
 - Hopping & leaping
 - Running
 - Skipping
 - Galloping
 - Stop & go, directional change
- Manipulative Skills
 - Throwing & catching (balls, bean bags)
 - Jumping rope
 - Hoops
- Rhythmic Program
 - Movement to music
- Games Program
 - Teacher directed
 - Various relays
- Testing (beginning and end of year)



Last but not least we believe each child should develop a desirable self-concept through our Physical Education Experience. The self-concept is the sum total of the image a child has of himself/herself. The self-concept a child develops is vital in the learning process. A child's view of himself/herself, positive or negative, can spill over into other areas of his or her life. Experiences, in which the child achieves success can mold & shape a positive concept.

We at **Village Pines** hope your children feel that they **belong**, that they are **loved** and **respected** and that their successes outweigh their failures. Hopefully our environment provides your children with a basis for the development of healthy personalities.

My goal is to guide and motivate your child in becoming a  **happy**  **healthy**  **confident individual!** I am looking forward to a wonderful year!