

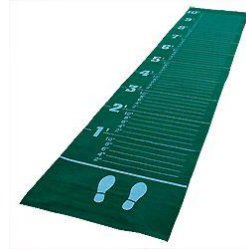


1st and 2nd Grade

It is our goal to provide the best physical education experience for your child. Our youth must grow & 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:

- ✓ Locomotors Skills
 - Jumping
 - Running
 - Skipping
 - Stop & go (directional change)
- ✓ Manipulative Skills
 - Throwing & catching (balls, bean bags)
 - Jumping rope
 - Hula hoops
- ✓ Rhythmic Program
 - Movement to music
- ✓ Testing
 - Beginning of every grading period & end of year
- ✓ Presidential Physical Fitness Award
 - Recognizes student fitness achievements (see attached sheet)
- ✓ Field Day
 - Demonstration of learned skills
 - Competition in track & field events



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.

Our goal is to guide and motivate your child in becoming a happy healthy confident individual.

Debbi Carpenter & Linda Ketchum (co-teachers)