

Physical Education

Grades 3, 4, & 5



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!

At this level of Physical Education the emphasis is on improving fundamental skills, particularly of the manipulative type. In the 3rd grade the transition between simplified activities and sports interest begins and progress in difficulty through the 5th grade. More precise fitness routines, circuit training, obstacle courses and self testing is implemented. The curriculum will include the following:

- **Manipulative Skills**
 - Throwing & catching
 - Jumping rope (styles & routines)
 - Bouncing & dribbling
 - Kicking
 - Batting & fielding

- **Rhythmic Skills**
 - Aerobics to music

- **Sports Units**
 - Football (lead up games & flag)
 - Basketball (lead up games, 1/2 court)
 - Volleyball
 - Track & field (field day)
 - Softball (rag ball)
 - Soccer (lead up games)

- Presidential Physical Fitness Award
- National Physical Fitness Award



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!

Thanks, Coach Kevin

