

Saint Pius X Physical Education Syllabus

Grades K-2/Coach Shelton

K-2

This course will teach students the importance of life-long healthy living, exercise, hygiene, sports and leisure. Participation is expected!

Goals for the student:

- To enjoy physical fitness activities
- To exercise and be physically active on a daily basis
- To learn the importance of healthy living and eating
- To develop teamwork skills
- To demonstrate good sportsmanship
- To become a goal setter
- To have fun!

Expectations:

- Respect everyone in class, coaches and peers and display good sportsmanship throughout
- Bring required materials to class and dress for physical activity
- Participate and be engaged in ALL course activities

Activities:

Fundamental Movements/Fitness

Low Organized Games and Activities

Rhythmic Activities and Dance

Developmental Activities/Fitness

Ball Handling/Footwork

Introduction to various sports

Fitness Assessments

Nutrition, safety, decision making, communication...etc