

Pre-Kindergarten through Fifth Grade Summary

The St. Anthony physical education program is designed to teach the students the fundamental importance of everyday activity through games and movement activities. The students will learn a wide range of exercise, games and activities that promote healthy lifestyles and teach social skills. The skills students learn will be progressive and build from year to year in the classroom. They will be learning about strength, flexibility, coordination, balance, and hand-eye coordination. Students will learn through a variety of warm-ups, games and sports. The teachers will provide opportunities for the students to learn to work as an individual and in group settings. The goal is to teach a lifetime of physical fitness for the kids through fun games and activities.

Students will learn all basic fundamentals through lead up games and warm-ups and progress to more sports oriented games as they move from kindergarten to fifth grade. The students will work on basic fitness at beginning of the year and progress to more strenuous activities as we get further along in the school year. The students will learn cooperation and problem solving through game play and interaction with classmates and teachers. They will learn a variety of games that involve listening skills and following directions.

Warm-ups

To build strength

To improve balance and coordination

To warm body up to perform a variety of activities

Group Games

Games that involve team work, cooperation, and sportsmanship

Relay races

Spot games

Cone games

Team Sports

To teach good sportsmanship and basic fundamentals of the game

Soccer

Baseball

Hockey

Kickball

Basketball

Track and field

Football, volleyball, speedball, lacrosse and racquet sports

Fitness activities

Cardiovascular endurance

Muscular strength

Endurance running

Muscle memory

Tag games

Obstacles

Tumbling

Jump rope

Movement concepts and basic motor skills

Balance

Coordination

Hand-eye coordination

Locomotor skills

Skip

Gallop

Hop on one leg

Shuffle

Hop

Jump

Proper running technique

Junior High

Junior high students participate in physical education twice per week. The PE program is inclusive, competitive and structured to enhance basic fine and gross motor skills, muscular strength and endurance, flexibility and cardiovascular conditioning. This goal is accomplished through exposure to and participation in games, sports, dances and activities.