

PHYSICAL EDUCATION

Senior Kindergarten—Grade 5

Mrs. Mary Aparicio and Mr. Steve Hoffman

Our goal in Physical Education is to provide SAFE and EXCITING, FUN-FILLED, POSITIVE, and REWARDING learning experiences that motivate your child to lead an active and healthy lifestyle. Your child will participate in developmentally appropriate physical activities focusing on fun and competition, not winning or losing. Our goal is to inspire your child with a life-long LOVE for physical activity.

A key objective in Physical Education is to introduce, develop, and continually refine skills. Classes begin with a quick warm-up. The warm-up includes one of the five components of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition. Following the warm-up, the class activity is presented.

Our curriculum includes, but is not limited to:

Group/Individual Games:

- Newcomb
- Team Handball
- Hockey
- Soccer
- Flag Football
- Basketball
- Cooperative Games/Team building
- Track and Field
- Lacrosse
- Kickball variations
- Fitness Testing
- Creative Movement/Jump rope
- Health & Nutrition 111/classroom/assemblies

Our goal of excellence in Physical Education is met by adhering to the guidelines set forth by the National Association of Sport and Physical Education. Using this approach, we not only make Physical Education a fun and enjoyable aspect of your child's life, we develop leadership, teamwork, self-esteem, cooperation, and communication skills.

Children in grades SK-5th are required to wear a PE uniform. The uniform includes St. Stephen's PE t-shirt, shorts and sneakers. Children who do not come appropriately dressed to PE may not be allowed to participate in class.

Grading is based on individual effort, ability to listen, comprehension of presented activity and skill progression.

Please feel free to contact us if you have any questions or concerns:

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