

PHYSICAL EDUCATION

The Physical Education program emphasizes the acquisition and expansion of basic athletic skills. Every child has the right to participate at his/her own development level and to progress at his/her own pace. All physical activities are designed to facilitate skill development as well as the social and affective development of every child. Good sportsmanship is always stressed.

• COURSE DESCRIPTION:

This program emphasizes sports skills, teamwork, game rules, and sportsmanship. The course strives to encourage the development of lifetime fitness while fostering positive attitudes towards the importance of physical activity.

• OBJECTIVES:

1. To promote physical growth in the areas of fine motor skills, gross motor skills, hand-eye coordination, foot-eye coordination, problem-solving, decision-making, and critical thinking.
2. To develop proper attitudes of safety in team sports as well as individual activities.
3. To develop an understanding of general conditioning exercises and warm-up techniques applicable to each activity.
4. To cooperate in playing a group game involving dribbling, passing, kicking, or punting to keep the ball away from the opponents and to reach the goal areas.