

## Physical Education

As Catholic students charged with the stewardship and care of their physical bodies St. Peter promotes the positive message of self-awareness. The goal of Physical Education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Students gain a love and understanding of physical activity and realize its value for a lifelong impact on health and well being. The P.E. program strives to instill a positive self-concept and healthy lifestyle through a developmentally appropriate curriculum and teacher modeling. The goal is to foster a strong internal connection between the mind and the body so that each child can achieve success both individually and in a group setting. Building an environment that fosters care, empathy and mutual respect enables students of all ability levels to thrive and achieve their own unique potential. Through a balanced approach to competition and teamwork, an intentional focus on P.E. enables students to gain strategies for healthy living, positive leadership and sportsmanship in a variety of settings.

### Three Year Olds

- Begins to take turns
- Learns how bodies move
- Is introduced to basic loco-motor skills (e.g., walk, run, hop, slide and jump)
- Learns how to move within their physical space

### Pre-Kindergarten

- Is introduced to various stretches and exercises
- Refines skills introduced in Three Year Olds
- Concentrates on and develops greater body control

### Kindergarten

- Practices and refines loco-motor skills
- Is introduced to various stretches and exercises
- Is introduced to simple organized games
- Manipulates various types of equipment to reinforce skill development

### First Grade

- Learns the importance of fitness in daily life
- Participates in a variety of stretches and exercises
- Practices catching, kicking, dribbling, dancing
- Participates in FitnessGram Program

### Second Grade

- Participates in a variety of stretches and exercises
- Continues refining basic athletic skills
- Participates in more complex group activities focusing on teamwork, strategies, and sportsmanship
- Participates in FitnessGram Program

### Third Grade

- Participates in a variety of stretches and exercises
- Participates in sport specific activities
- Participates in team building activities in small and large groups
- Participates in FitnessGram Program

### Fourth and Fifth Grade

- Participates in a variety of stretches and exercises
- Learns strategies associated with various sports and games
- Participates in sport specific activities
- Participates in team building activities in small and large groups
- Participates in FitnessGram Program

### Sixth and Seventh Grade

- Participates in a variety of stretches and exercises
- Learns strategies associated with various sports and games
- Participates in sport specific activities
- Participates in team building activities in small and large groups
- Participates in FitnessGram Program

