

## **CURRICULUM - PHYSICAL EDUCATION GRADES PRE K – GRADE 8**

The objectives of the Physical Education Program are to:

Instill in students the skills and confidence necessary to live a physically Active and healthy lifestyle; help each student discover and develop his/ Her individual athletic talents; and teach students teamwork and Sportsmanship.

### **Pre K – Grade 2**

Focus on developing gross motor skills, such as body movement and awareness, rhythm and dance, throwing and catching, gymnastics, and balancing.

### **Grade 3 – Grade 8**

These students are taught many different sports, including soccer, basketball, floor hockey, long-distance running, lacrosse, and softball.

Nutrition and maintaining a healthy body are also discussed throughout the year.

**Middle School Students** undergo fitness testing at the beginning and end of the year as they continue to work on their personal fitness goals.

Students should wear the appropriate Saint Joseph Regional School P. E. clothing and sneakers as stated in the handbook.