

Elementary Physical Education Program

At the elementary level, Physical Education provides the students the opportunity to learn and participate in a variety of activities, both for themselves individually and as a teammate. We also have some Health classes focusing on things like hand washing, brushing teeth, nutrition and heart healthy activities.

Gym Uniforms must be worn for every gym class. Please remember that we do have some classes outside when the weather permits.

Uniform

1. Gym shoes
2. OLW gym shirt
3. OLW gym shorts
4. OLW sweatshirt or OLW fleece shirt. Navy blue
5. Plain navy blue sweat pants and/or nylon pants

Grades K – 2 will work on motor skills, various ball handling skills, play some recreational games and running. Work cooperatively in small groups, leading up to team work.

Grades 3 – 4 will continue with running and recreational games. They have a fitness program called the PE challenge that covers, running, throwing, jumping and volley skills. We also do some lead up soccer games.

Gym class will be a rewarding experience if the students remember three things:

PERFORMANCE	Trying your best to succeed at specific skills. You do not have to be the best; just TRY to do your best.
BEHAVIOR	Listening, understanding and following directions. Included in this category is awareness of safety in the gym for everyone
PREPARATION	Being ready for class, coming to class in complete gym uniform.

I look forward to a great year. Should you have any questions you can reach me at ext. 347.