

St. Joseph School Physical Education Program since 1985.....

(PK-K) The first focus is learning the Fundamental Movement Skills: crawling, rolling, walking, running, skipping, hopping, leaping, jumping, galloping, sliding, and landing.

The second focus is Nonlocomotor skills: turning, twisting, bending, stretching, swinging, swaying, and balancing.

The third focus is Fundamental Motor Skills: throwing, kicking, striking, catching, bouncing, hitting, rolling, and stopping.

The fourth focus is learning cooperation, sharing, following directions, listening, interacting politely with others, space & body awareness.

(Grades 2-8) The following sports/games are utilized in such a manner where younger grades will concentrate on the skill aspect of each activity.....whereas older grades will utilize the learned skills in game/competitive situations:

SOCER, FLAG FOOTBALL, BASKETBALL, FLOOR HOCKEY, VOLLEYBALL, BADMINTON, SOFTBALL, ULTIMATE FRISBEE, TEAM HANDBALL, BOWLING, RHYTHM AND DANCE, LACROSSE, ARCHERY, TRACK AND FIELD, SPORTSTACKING, BEAN BAG ACTIVITIES, FOAM NOODLE ACTIVITIES, PARACHUTE ACTIVITIES, MOVEMENT ACTIVITIES, SHUFFLEBOARD, FRISBEE GOLF, TABLEBALL, TABLE TENNIS, COOPERATIVE ACTIVITIES, HULA-HOOP ACTIVITIES, VARIOUS SMALL GROUP ACTIVITIES(stations), GYMNAS TIC AND TUMBLING ACTIVITIES.

\*ALONG WITH ALL THESE ACTIVITIES IS THE PROPER WAY TO WARM-UP ALONG WITH UTILIZING VARIOUS STRETCHING EXERCISES.

\*Each year all students in grades PK-8 are tested on their overall physical fitness by utilizing nine different tests that focus on their flexibility, speed, power, agility, cardiovascular endurance, upper body strength and endurance. We then compare test scores from the previous year to see where a student improved and how to get their test scores better.

In the previous year school year (20-21), with COVID Guidelines in place where sharing equipment became an issue, along with keeping students safe using social distancing, exercise videos downloaded from YouTube, step aerobics and dance, and "Either/Or" exercise videos created thru Microsoft PowerPoint was utilized with students on "Bubbles" on the gym floor with great success.

Glenn Costello (Physical Education Teacher)