



Luther Conant School

"Where the Whole Child is the Whole Idea!"

Physical Education Program

William Chan~ Physical Education Teacher

Physical Education Goals:

- Promote physical fitness and active lifestyle
- Participate and develop healthy lifestyle
- Develop and understand good sportsmanship and good attitude
- Encourage and be a creative life long learner

Reminders:

- Sneakers are required at all times
- Medical documentation is required if excuse from physical education
- Update any medical issues must be sent to the health office as needed

Curriculum Yearly Outlook:

(Subject to change based on equipment, class, schedule rotation)

Grades K-2nd:

- Scooter skills and Cardiovascular activities
- Parachute skills and activities
- Musical Therapy and Cardio drumming
- Mindfulness Practice and Yoga
- Cooperative Games and Challenges

Grades 3rd -6th:

- Musical Therapy and Cardio drumming
- Mindfulness Practice and Yoga
- Cooperative Games and Challenges
- Team Sports Activities
- Racquet and Golf Activities

To be safe, learn, have fun, and to get a good sweat!