



Pre-school P.E.

3 - 5 year olds

Trimester 1

This class will offer students an opportunity to learn gross motor skills, play games using a variety of equipment and work on basic knowledge of colors, shapes, abc's, etc. through games/movement.

Requirement: Wear shoes appropriate for running, jumping ...being active!

week 1: General Space and Creative Movements

week 2: Parachute Fun and Games

week 3: Balance, Body Positions , Exploring an Obstacle Course

week 4: Superhero Training and Games

week 5: Hula Hoop Exploration

week 6: Fall Frenzy Fun

week 7: Throwing, Kicking and Catching Games

week 8: Noodle Soup

(Games/Activities with pool noodles)

week 9: Bean Bags, Bean Bags and More Bean Bags!

