

Physical Education

In Physical Education at St. Catherine of Siena Catholic School we strive to improve physical health and performance. Throughout the year students in grades kindergarten to eighth will cover lessons that will work on their cardiovascular system, muscular system, and mental knowledge of how to live a healthy lifestyle.

Kindergarten through fourth grade students will demonstrate their understanding of running, dodging, fleeing, jumping, skipping, galloping, rhythm, etc. These various skills will be learned and perfected through various games like Heart Attack Tag, relay races, Dodge ball, Anatomy Spots, aerobic workout routines, and a dance unit. These are some of the games that work on all aspects of physical education. The dance unit is done to prepare students for their performance on Grandparent's Day. Students also participate in an activity called Mileage Club. Students will run or walk laps either in the gym or outside on Thursdays to increase their personal number of miles walked or run. Through this activity students receive charms to place on a chain to show them their accomplishment. In the past year our school walked/ran enough miles as a school to travel all the way to the east coast.

Fifth through eighth grade students will learn and perform sports skills associated with various sports played in our every day world. The units in Physical Education include: volleyball, basketball, soccer, football, softball/baseball, and track. Due to all the sports that are learned, the cardiovascular and muscular systems are worked on every single day in class. Students will work on improving this by being required to run laps every day

in class with the goal of improving their mile times. The mile is run at least once or twice a month, and their times are recorded so each student sees his/her improvements. Rhythm is another unit covered in physical education, which is at least one month long to prepare students for their performance on Grandparent's Day. Track season is also a big unit in Physical Education. During the months of March and April all students will be practicing for the district track meet in April.

Physical Education is a class where students get to express themselves both mentally and physically while learning important skills for a healthy lifestyle.