

Welcome to: Physical Education



Mrs. Mata

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Our goal for St. Margaret Mary School's Physical Education program is to encourage students to safely participate in physical activity while promoting physical fitness as fun and help students learn the value of activity for health, recreation, and social interaction. Throughout the year students will participate in Physical Education for one class a week.

From Pre-K to eighth grade our students build their skill foundation in many areas such as: taking turns, following rules, problem solving, conflict resolution and becoming more physically fit. Students will participate in team sports, individual sports and overall wellness activities. They will also be guided and educated in basic nutrition and safety habits.

Please click on the links below to review the diocesan curriculum for physical education:

Grades K-1: <https://www.hbgdiocese.org/wp-content/uploads/2012/04/PECurriculumGradesK-1FinalDraft2008.pdf>

Grades 2-3: <https://www.hbgdiocese.org/wp-content/uploads/2012/04/PECurriculumGrades2-3FinalDraft2008.pdf>

Grades 4-6: <https://www.hbgdiocese.org/wp-content/uploads/2012/04/PECurriculumGrades4-6FinalDraft2008.pdf>

Grades 7-8: <https://www.hbgdiocese.org/wp-content/uploads/2012/04/PECurriculumGrades4-6FinalDraft2008.pdf>

Skill building for the month of December:

Grades K-1: Running, Throwing and Catching Balls

Grades 2-3: Throwing, Catching, Dribbling

Grades 4-6: Agility and Speed

Grades 7-8: Fitness and Cardio



Fun

Teamwork

**Problem
Solving**

Coordination

Taking Turns

Balance