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| **Requirements -** | -Children must wear sneakers that provide appropriate support for vigorous activity. Tie or Velcro sneakers are best. No slip on sneakers or sneakers with straps will be permitted.  - Comfortable clothes. Girls make sure to have shorts underneath when wearing skirts or dress.  - Swim Class:   Boys: a towel, swim trunks/shorts (no jeans)  Girls: a towel, a 1-piece bathing suit  Also bring a plastic bag to store your wet items. |

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| **Goals -** | The goals of our program are as follows: |
|  | 1. To learn/understand of the importance of regular exercise to good health and happiness.  2. To begin the development of fundamental physical skills which will provide the basis for more complex skills in later years.  3. To learn to play together fairly and safely.   4. To have fun! |

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| **Procedures -** | Our classes are divided into three segments: a **warm-up activity**, a **skill development activity**, and a **culminating game.**  The warm-up activity consists of a few minutes of jogging, calisthenics to music, or a series of locomotor moves (walk, run, jump, hop, skip, slide, gallop, and leap). It is also during the warm-up time that the children learn about physical fitness, what it is, and of its importance.  The skill development segment is where specific skills are taught about a particular activity/sport. The children then practice those skills.  The third segment, a culminating game ....is a game which brings the entire lesson together. The children have fun, get more vigorous exercise and learn to play together as a team while playing fairly and safely. |