What's Happening In P.E.

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Lower Elementary P.E.

In Lower Elementary P.E., students learn a variety of motor and coordination skills by participating in a variety of sports, games, and movement activities. Students also gain valuable lessons about teamwork and cooperation by playing with others in a team-building atmosphere.

A typical class begins with warm ups. Each child has the opportunity to choose a physical motion that can be performed while moving across the length of the gym or field. Skipping, leaping, and racecar driving are popular choices. The class then does the warm up across the gym or field together. The children really enjoy coming up with new and innovative ways to move their bodies! After warm ups, the children play a game. Frequently children have the opportunity to choose a game and teach the rules to the class. Children learn how to play games such as soccer, capture the flag, and variations of tag.

Tags: Lower Elementary , Oquirrh Class , Upper Elementary , Wasatch Class