

Physical Education K-8

Welcome new and old students to St. Charles. This is going to be a great year for all Cardinals and their fitness.

Another summer has passed, and hopefully everyone spent their time being active and energetic while having fun. Physical Education is where students learn how to become physically fit in an enjoyable, healthy environment where structure and guidance are provided. Team play, good sportsmanship, and a sense of individual success are the goals of St. Charles P.E. curriculum. The combination of boys and girls with different athletic skills allows all students to participate in various games on a fair playing field. Teamwork and good sportsmanship are stressed more than score keeping.

Kindergarten, First and Second Grade: Motor skills of hand-eye coordination, hand-foot coordination, balance, and the development of spatial awareness are a focus. Students play tag, dodge ball, dance, kickball and participate in beginning physical fitness and specific skill development such as jumping, skipping, throwing, and catching. They start to develop an understanding of being part of a team.

Third Grade and Fourth: Students engage in various individual activities designed to promote physical fitness through running, balance, and coordination activities like jumping rope, dance and various team sports. Team sportsmanship, fair play, and rules are a focal point.

Fifth through Eighth Grade: Skill development and team play are the focus for activities. Sports practiced include dodge ball, basketball, handball, softball, badminton, and volleyball. In addition, students will play non-competitive games, designed to promote physical fitness and encourage team play.

