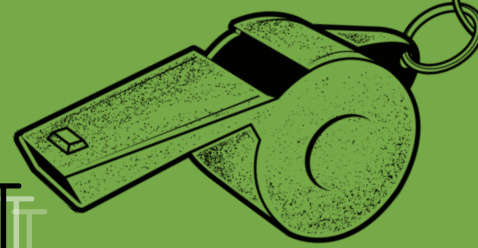


PHYSICAL EDUCATION



AUGUST 2025

Kindergarten - 2nd Grade

Scholars will be working on “Back to School” refreshers and the school methodology. They will learn about:

- Safety and emergency drills
- Daily procedures
- Body mechanics
- Chasing, fleeing, and dodging games
- Eye-hand coordination

Scholars and I will also learn about each other and how we can become a great team as a class for the year.

-Coach Solis

*Pre-School and Pre-K start after Labor Day

3rd - 8th Grade

Scholars will start the year off by going through class and emergency procedures. They will all learn their stretching/warmup routines and where they are to sit in class.

5th-8th graders will receive their locker assignments and locks. New P.E. uniforms are to arrive August 20th.

On August 18th scholars will begin their Marathon Running Program, where they will run 26.2 miles over the course of the school year.

The first unit of the school year is Volleyball. Scholars will practice bumping, setting, spiking, and serving the volleyball. They will learn about court rotation and the rules of the game. The unit will end with the scholars playing full games.

-Coach K

