

PHYSICAL EDUCATION



JANUARY 2026

Pre-School - 2nd Grade

January 6th - 9th

Pre kinder 3 and 4: Scholars will finish their basketball dribbling and catching skills.

Kinder: Scholars will be finishing their basketball skills. Passing to each other (bounce pass / chest pass), dribbling with dominate hand and moving to their non dominate hand.

1st and 2nd grades: Scholars will work on defense skills, dribbling skills (dominate and non-dominate hand). Scholars will also work on single jump roping and long jump roping.

January 12th - 16th

Pre kinder 3 and 4: Scholars will work on "Safety while sitting and moving on a scooter". Scholars will work on keeping their hands in a safe place as they moving.

Kinder: Scholars will continue working on dribbling and moving with a basketball. Scholars will also work on their single jump roping.

1st and 2nd grade: Scholars will finish working on their long jump roping skills. Scholars will be introduced to fishing and their habitats.

January 20th - 23rd

Pre kinder 3 and 4: Scholars will play with scooters and related activities such as racing and follow the leader while on their scooters.

Kinder: Scholars will learn how to throw a frisbee. They will work on throwing to a target.

1st and 2nd grade scholars will continue with their fishing program and learning to tie a knot on the "hooks".

January 26th - 30th

Pre kinder 3 and 4: Scholars will work on their scooter activities and bouncing their ball while moving.

Kinder: Scholars will work on throwing their frisbee to each other and the safety of throwing to their partner.

1st and 2nd Grades: Scholars will work on casting their fishing lines and playing with "Backyard Bass activities"

3rd - 8th Grade

The new calendar year means it's time for a new unit. Scholars will be going through a flag football unit in January. They will practice their throwing and catching. They will play games that give them practice taking flags off of others. They will practice running different types of receiving routes. They will learn all the different rules of flag football.

At the end of the unit, each class will go up to the soccer field and play games of flag football!

The scholars will continue their running that goes towards their goal of a marathon in a calendar year.

We will continue with out fitness days! We want our scholars to continue to get faster and stronger!

