

WELCOME BACK



OUR LADY
OF
CHARITY SCHOOL
2021-2022

MRS. JESSICA GARRIDO MR. GERMAN BRICENO P.E TEACHERS



Goals



- ❑ The goal of the class is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.
- ❑ Developing teamwork, sportsmanship, and cooperation.
- ❑ For the children, physical education classes offer their first chance to learn about the relationship between nutrition, exercise, and health, while acquiring basic body management skills such as:
 - ❑ The ability to stop and start on signal.
 - ❑ Spatial awareness.
 - ❑ Increases personal fitness and motor skill development.
 - ❑ Provides opportunities for personal goal-setting.
 - ❑ Provides an outlet for creativity and self-expression.
 - ❑ Helps reduce stress, anxiety.
 - ❑ Strengthens relationships with others.
 - ❑ Balance and control.



Classes rules



- Be on time.
- Be positive.
- Do your best.
- Cooperative.
- Use equipment properly.
- Move carefully at all times.
- Ask for help when needed.
- When you hear the whistle:
STOP, LOOK and LISTEN



- Be kind to classmates and teachers.
- Listen carefully and follow directions.
- Talk slowly and calmly, no need to scream.
- Come prepared with correct uniform and adequate sneakers.



SEE YOU SOON!

