

P.E. Objectives for the week of Sept. 30th 2024

Jr. High P.E.

Physical activity that promotes muscle endurance, muscular strength, cardio respiratory endurance, flexibility, coordination and balance.

Basic understanding of basketball and developing skill: shooting, dribbling, defense and the rules of the game.

Elementary P.E.

K-2 developing motor skills such as throwing over hand, underhand, aim while throwing, catching the ball.

3rd-5th Basic understanding of basketball: shooting, passing, dribbling the ball. Practicing shooting free throws for the Hoop Shoot contest.