

**Physical Education**  
**Spring 2017 Syllabus**  
**Grades Pre-K-6<sup>th</sup>**

**February 3<sup>rd</sup>**- Stretch, Warm-Up, Activity (Intro to Basketball)

**February 17<sup>th</sup>**- Stretch, Warm-Up, Activity (Basketball drills and games)

**March 3<sup>rd</sup>**- Stretch, Warm-Up, Activity (Hockey)

**March 17<sup>th</sup>**- Stretch, Warm-Up, Activity (Dodgeball)

**April 7<sup>th</sup>**- Stretch, Warm-Up, Activity (Intro to Volleyball (?) or Kickball)

**April 28<sup>th</sup>**- Stretch, Warm-Up, Activity (Volleyball games (?) or Wiffle Ball)

**May 5<sup>th</sup>**- Field Day

**Stretching:** A variety of exercises to stretch arms, legs and whole body while sharing praises and prayer requests.

**Warm-Up:** Using different combinations of running, walking, jumping, etc. to get our hearts pumping and our muscles moving!

**Activities:** Students will learn how to work together, cheer each other on and follow directions. We will practice hand and eye coordination and have a lot of fun!

**Each student must have gym/tennis shoes.** (This is to keep marks off of the gym floor, a request from Cornerstone Baptist Church.)