

# GO KID FIT

## PHYSICAL EDUCATION

### LEARNING ZONE

#### WELCOME TO THE WORLD OF PHYSICAL EDUCATION

@ Pettit Private School

Hello my name is **Coach Sam Graham**. Kevin Callahan and myself will be introducing the Physical Education Program to the Pettit Private Schools this Fall through our GoKidFit Organization. We are driven to provide a well-rounded program that promotes the importance of physical education, strong core values and the ability to become physically literate for a lifetime. I have passionately been teaching and coaching in the Physical Education field for over 25 years.

The P.E. Program is offered to the Early Learners, Preschool and Pre-K classes at the Pettit Private Schools. GoKidFit ensures that each student will be provided the opportunity to participate in a physically stimulating program that focuses on the 4 F's of Physical Education; **FUNDAMENTALS, FITNESS, FRIENDSHIP & FUN!!!**

Throughout the month of September, the students will be getting familiar with using hula hoops as their hands-on manipulative and learning about specific functions of the muscular system. We will also begin to reinforce each student with a better understanding of **BOUNDARIES, COORDINATION & BALANCE**

We are looking forward to serving your children throughout their journey into the **WORLD OF PHYSICAL EDUCATION!!!**

**STAYING HEALTHY KEEPS FITNESS FUN!**

#### PHYSICAL EDUCATION

### CHARACTER COUNTS!

@ PETTIT PRIVATE SCHOOL

#### SEPTEMBER'S CHARACTER COUNTS!

# RESPECT

**"R. E. S. P. E. C. T"**

**(WE SHOW RESPECT TO WHO EVER WE SEE!)**

## SEPTEMBER'S P.E. THEME

### BASIC UPPER BODY MUSCLES

#### MUSCLES OF THE MONTH

**WEEK 1:** TRAPEZIUS/ DELTOIDS

**WEEK 2:** BICEPS/TRICEPS

**WEEK 3:** PECTORALIS

**WEEK 4:** ABDOMINALS & OBLIQUES

#### MUSCLE FACT'S

**ALMOST HALF OF YOUR BODY'S WEIGHT IS MUSCLE.  
THERE ARE MORE THAN 640 MUSCLES IN YOUR BODY.  
YOUR MUSCLES ARE ATTACHED TO YOUR BONES.**

#### PHYSICAL EDUCATION

### ACADEMICS

#### SEPTEMBER'S LEARNING RECOGNITION

\*COLOR OF THE MONTH: **RED**

\*SHAPE OF THE MONTH: **CIRCLE**

\*NUMBERS OF THE MONTH: **(0,1,2)**

\*LETTERS OF THE MONTH: **(A,B,C,D)**

\*FIVE SENSES **(SIGHT, SMELL, SOUND, TASTE, TOUCH)**

#### P.E. VOCABULARY WORD OF THE MONTH

**Week 1: A for Awesome!**

**Week 2: B for Balance!**

**Week 3: C for Coordination!**

**Week 4: D for Determination!**

#### September's Core learning Skills

**LISTENING SKILLS, SIGNALS, FORMATIONS, ALERTNESS, SPACING, TOSSING, CATCHING, BALANCING & COORDINATION**

#### **P.E. DIRECTIONAL LEARNING: OPPOSITES**

**"7 DAYS WITH OUT EXERCISE MAKES ONE WEAK"**