

## Kindergarten through 8

<p>K - 2</p>	<p>Rotate rhythms, fitness, tumbling, movement exploration and games. Focus is on developing basic locomotor skills that students need in order to progress through the activities in the upper grades. Students participate in Field Day at the end of the school year.</p>
<p>Grades 3 - 4</p>	<p>Focus on learning sports skills and leisure activities. Sports that students participate in include: kickball, softball, bowling, hockey, volleyball readiness, tumbling, square dance, pillo polo, basketball and soccer. Students will also learn and participate in the following leisure activities: cornhole, ping pong, badminton, shuffleboard, horseshoes, and bocce. They also take part in the Presidential fitness test in which they are measured in various areas such as flexibility, push-ups, sit-ups, <math>\frac{1}{2}</math> mile run, and the shuttle run. Students participate in Field Day at the end of the school year.</p>
<p>Grades 5 - 8</p>	<p>Focus on learning sports skills and leisure activities. Students learn strategies and tactics of the game. Students participate in the Elks Hoop Shoot contest in the fall. The Elks Hoop Shoot is a free throw contest. 7<sup>th</sup> and 8<sup>th</sup> grade students have the opportunity to participate in the "Blizzard Blast" dance. The dance is a father/daughter, mother/son dance that is held in February. Students take dance lessons in class prior to the dance. Students in grades 5 through 7 participate in Field Day at the end of the school year.</p> <p><b>ONE Writing assignment relating to lessons is required each quarter.</b> Project details are provided on the "Syllabus and Project" page of our school website.</p>