



St. Joseph School Hawthorne, CA

Physical Education Goals for First Semester 2009-2010

September-Mid October: Soccer

- Students learn the rules and regulations of soccer.
- No use of hands besides goalie and offside

Skills: Passing, blocking, dribbling and kicking.
Each month a different President Fitness workout will be implemented during stretches.

Mid October-End of November: Baseball

- Students learn the rules and regulations of baseball.
- Teach the bases and how to correctly play at every position.
- Skills: Fielding, pitching, catching and batting.

Presidential Fitness workout:

1. Running/Walking Mile K-5 = Mile at own pace. Grade 6-8 = 13 minutes
2. Curl ups K-5= 15-20. Grade 6-8 = 25-30.
3. Push ups K-5= 10-15 Boys. 15-20 Girls. Grade 6-8 = Boys 20-25. Girls 25-30
4. Sit and reach K-5 = 10 seconds. Grade 6-8 = 15 seconds

December-Mid January: Field Hockey

- Students learn the rules and regulations of field hockey.
- Teach the idea of offside
- Skills: Slap shot, short and long passes and offside.

Presidential Fitness workout:

1. Running/Walking Mile K-5 = 13 minutes. Grade 6-8 = 11 minutes
2. Curl ups K-5= 20-25. Grade 6-8 = 30-35.
3. Push ups K-5= 15-20 Boys. 20-25 Girls. Grade 6-8 = Boys 25-30. Girls 30-35.
4. Sit and reach K-5 = 15 Grade 6-8 = 20