



# Preschool P.E.

## 3 – 5 year olds

### Trimester 1

**This class will offer students an opportunity to learn gross motor skills, play games using a variety of equipment and work on basic knowledge of colors, shapes, abc's, etc. through games/movement.**

**Requirement: Wear shoes appropriate for running, jumping...being active!**

week 1: General Space and Creative Movements

week 2: Parachute Fun and Games

week 3: Balance, Body Positions , Exploring an Obstacle Course

week 4: Hula Hoop Exploration

week 5: Abracadabra! with Scarves

week 6: Throwing, Kicking and Catching Games

week 7: Noodle Soup  
(Games/Activities with pool noodles)

week 8: Bean Bags, Bean Bags and More Bean Bags!

week 9: Fall Fun—INSIDE!! bracadabra! with Scarves

