

Eastside Christian School
Physical Education Program Objectives
Sally Pierce, Teacher



Eastside Christian School's physical education program strives to provide each student with the knowledge and tools needed to participate in physical activity for a lifetime. God has blessed each of us with a body. We can honor him by taking good care of it.

Five of our most important objectives are:

1. Movement and motor skill competency
2. Health-related physical fitness and wellness
3. Human movement principles
4. Social skills and self-concept
5. Promotion of lifetime participation in activity

We move toward these goals by teaching new skills, identifying benefits, encouraging regular participation, and attempting to instill the value of physical activity and physical fitness.

The class environment encourages focus on self-improvement, success, and positive experiences. There is a healthy balance of individual, small group, team, cooperative, and competitive activities. We provide a wide variety of opportunities for students to learn motor skills, rhythm/dance, fitness concepts and activities, sport-specific skills, stunts and tumbling, organized games/sports, and specialized activities.

At the beginning and end of each school year, we assess the fitness levels of the second through eighth grade students using the Fitnessgram program. The purpose of these tests is not to compare the student to others, but rather to emphasize the importance of the specific components of fitness, as well as self-improvement and health. Test scores are stored in a database and each fourth through eighth grade student receives a personalized fitness report detailing areas of healthy and unhealthy fitness levels. Recent tests are compared to a past test to show progress. For kindergarten through third grade, motor skills are tracked. A form will be sent home with the May progress report listing skills in which your child show competency.

Physical education at ECS is designed to be motivating, educational and successful experience. If you have any questions regarding the program or would like to schedule a class visit, please call Sally Pierce at 425-641-5570, ext. 29, or e-mail her at spierce@eastsidechristian.net