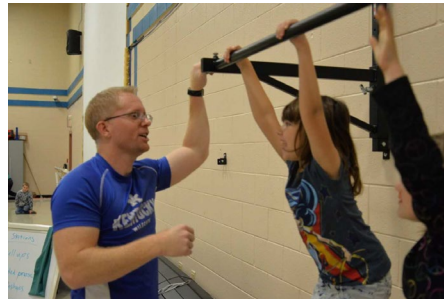


## Albany Elementary Physical Education

The Physical Education program here at Albany Elementary is a comprehensive program that encompasses all aspects of personal well-being. The concepts taught in class include physical wellness, emotional wellness, mental wellness, and spiritual wellness. All of such is important to produce a well-rounded, educated, and successful student.

In the Physical Education classroom, students will learn how to physically move properly to promote an injury free lifestyle. The knowledge and experience gained from this instruction will aid in a lifelong joy and injury free participation of sports and physical activities. Students will gain strength and the cardiovascular ability to perform a wide variety of physical movements and exercises. This will promote a sense of well-being and confidence that will translate into every aspect of life.

The exercises and movements performed by students include but are not limited to a variety of types of the following:



- Pushups
- Pull-ups
- Core exercises
- Jump rope
- Running
- Battling ropes
- Burpees
- Banded bicep curls
- Triceps dips
- Medicine ball lifts

In class, students will also participate in a physical game. These games incorporate team building, cooperation, individual performance, decision making, and critical thinking skills. The games performed include but are not limited to a variety of types of the following:

- Dodgeball
- Crossing the river

- Kickball
- Basketball
- Tug of war
- Scooters
- Capture the ball
- Baseball
- Soccer

In addition, student will learn what proper nutrition is and how to obtain it. Students will learn what to eat and what not to by a series of informative and real world situational instruction. They will learn that nutrition is the foundation for health and wellness.

Concepts included in the instruction are:

- Resting heart rate
- Calories in/Calories out
- In-depth look at the relationship between macronutrients and our body
- Benefits of water