

Lower School Physical Education Program

All students in grades kindergarten through 4th at Eastminster School receive Physical Education twice weekly for 45 minutes each class period. The focus of each class is on being active, exploring movement concepts and sport skills, learning about the human body, and discovering why it is so important to live a healthy lifestyle. This knowledge is acquired through games, cooperative activities, health lessons, and skill practice.

The curriculum is centered on the fundamental movement patterns such as running and jumping, concepts such as force, speed, levels, and pathways, and the acquisition of skills such as throwing, catching, kicking, and striking. In addition to movement, each unit of study also includes a health component such as the skeletal or muscular systems, nutrition, or personal wellness. With this curriculum students are not only learning how to move their bodies, but also why it is important to move and how to make healthy decisions about their bodies.

Each student in grades first through fourth will also complete the President's Challenge Fitness Test. This is a series of 5 tests that will evaluate each student's personal fitness level in the areas of muscular strength and endurance, speed and agility, cardiovascular endurance, and flexibility. The fitness test will be administered in the fall as a pre-test and will allow the students to set goals for the spring test. In the spring they will complete the test again and earn one of three awards: participant award, national award, or presidential award.

Kindergarten students will be evaluated using the Test of Gross Motor Development (TGMD-2). This test examines the basic movement patterns of running, galloping, hopping, leaping, horizontal jumping, and sliding. Results from this test provide a percentile rank for the student's age, an age equivalent for the student's ability level, and recommendation for further developing their movement patterns.

The most important thing about our physical education program is that each day a student visits the gym they will enjoy moving their body!