

Gym & Health (1st-2nd)

Instructor: Lisa Brocious

Class Code : Gym100

Co-teacher?

Tuition : \$5.00

Length of Class (1st sem/ 2nd sem/both)

fall &/or
spring

Materials Fee : \$10.00

Description:

This 45 minute class will help students to develop their strength and endurance while learning the proper way to exercise. They will also learn about proper health and nutrition. They will play a variety of games and sports to achieve the above goals. We will also review their knowledge of fire safety.

Enrollment:

8

Max: none

Pre-Requisites: 3rd - 5th grade

Required Text:

None. We will be using a variety of texts for health such as A Beka Health, Safety & Manners 1, Developing Good Health 4 & Easy Peasy Christian Curriculum.

Additional Materials:

Yoga/exercise mat. Will ask children to bring sport ball from home that we might be using if needed.

Contact Information

Name: Lisa Brocious

Email: jlbrocious@comcast.net

