



ST. BARBARA SCHOOL

*"Values for a Lifetime"*

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**SUBJECT: GYM**

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**PRESCHOOL – 2<sup>ND</sup> GRADE**

This stage of development is known as Early Childhood. We work on developing fundamental locomotor and nonlocomotor skills such as running, jumping, leaping, hopping, skipping, dodging, swinging, twisting, bending and stretching. Work on developing basic manipulative skills of throwing and catching. Emphasize movement rather than refinement of skills.

**GRADES 3<sup>RD</sup> – 5<sup>TH</sup>**

This stage of development is known as middle childhood. We work on refining motor skills and develop more complex combinations of locomotor and nonlocomotor skill patterns with greater speed and accuracy. We shift toward more group activities and complex games. Work to improve individual skills. Provide challenging activities. Many opportunities are provided for success, to improve a child's self image.

**GRADES 6<sup>TH</sup> – 8<sup>TH</sup>**

This stage of development is known as late childhood. Continue to provide vigorous activities emphasizing strength and endurance for longer periods of time. Provide more highly organized and competitive individual and team sports. Flexibility begins to decrease, so I provide movements that enhance flexibility. Many opportunities are provided for success, to improve a child's self image.