

## **PHYSICAL EDUCATION CURRICULUM**

The Physical Education program at OLL includes activities which develop the overall spiritual, physical, mental and social well being of the students. Techniques utilized in grades PreK-2 include fundamental movement activities, body and spacial awareness and locomotor and gross motor skills as well as social interaction and cooperation with an emphasis on self-control. Instruction in grades 3-5 focuses on the fine-tuning of individual skills, with emphasis on lead up games and activities and the instilling of group cooperation and individual self-worth. Middle school instruction is based on quality participation, knowledge of specific sports, continued development of fitness and individual sport skills and the use of critical thinking patterns through team strategies, planning and team cooperation.