



**MS. STADNICK
TK-8TH
2020-2021**

ST. CATHERINE OF ALEXANDRIA PHYSICAL EDUCATION

**Let's get up and MOVE! We are ready
to learn the importance of staying healthy &
active with physical activity,
a nutritious diet & mental health!**

TK-2nd: motor skills & movement patterns.
Concepts & principals of physical activity.

3rd-5th: Strategies & tactics involved in
movement, locomotor & manipulative skills
in game play.

6th-8th: mature catching, throwing
patterns, & foot movements. Advanced
knowledge of motor skills & movement
patterns.

**"Physical education is the only subject that makes
your heart race"**

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