

What's the scoop on Yinghua 5th Grade PE

Heart Safe-Body Safe

To foster an appreciation for wellness, movement and physical activity. We want our students to enjoy being active, learn growth mindset skills (goal setting & personal best) and value the importance of being responsible for their own wellness. We educate the “whole” child by providing a safe yet challenging environment.

Social Responsibility

**Kindness, sportsmanship, integrity
& Great Expectations:**

respect, manage yourself, cooperate and help others.

Active Engagement

**Participate, teamwork, effort, goal setting
& Great Expectations:**

try and do your best.

Social Skills= Life skills

- I encouraged others.
- I helped others.
- I helped with equipment.
- I played with integrity.
- I show empathy.
- I used kind words.
- Enjoys working with others.

YINGHUA ATHLETICS

FALL SPORTS

- Cross Country
- Soccer
- Fencing
- Badminton

WINTER SPORTS

- Basketball
- Cross Country
- Skiing
- Fencing
- Floor Hockey

SPRING SPORTS

- Volleyball
- Badminton
- Track & Field
- Fencing
- Flag Football
- Ultimate



YA Athletic Philosophy

- Sportsmanship & Teamwork
- Fair playing time
- Heart safe & body safe environment.

HEALTH EDUCATION

Grade 5: Puberty

Grade 6: Personal Wellness and Safety

Grade 7: Drug Awareness

Grade 8: Teen Relationships and Mental Health