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