

PHYSICAL EDUCATION ACTIVITIES/UNITS

All Physical Education lessons focus not only on the physical benefits but also the emotional, mental and social well-being of our students.

ADVENTURE ACTIVITIES: Orienteering, sledding, Prey & Predator, slack-line, compass skills, nature walks, nature exploration and scavenger hunts. Not only are these activities fun but there are many benefits such as: cooperation, team building, leadership, strategy, survival skills, appreciation of the outdoors, science & math skills, communication, decision making, problem solving and self-esteem.

BRAIN GROWTH ACTIVITIES: Activities that spark the brain. Making neuron connections, creating new cells and speeding up the interaction between cells (we are taking advantage of the elastic plasticity of the wonderful youth brain). Activities include: reaction drills, coordination drills, juggling, agility ladder, speed stacking, jump rope tricks, eye-hand skills and the learning of a new skill.

CHINESE NEW YEAR GAMES: CNY practice is going on in the gym so we head out to play in the snow. In honor of the Chinese New Year we play winter games and activities. Grades 4-8 play tournament style games of snow hockey, snow soccer and snow team handball. Grade 3 practices Kung Fu. Grade KG-2 go on a scavenger hunt for a good luck CNY coin, play snow tag games and explore the wonders of winter all while learning about Chinese Zodiac animals.

****CIRCUS SKILLS** (NEW-since 2016): Non-competitive unit focusing on learning new skills and helping/teaching one another. Examples of circus stations: Chinese spinning scarves, juggle scarves, juggling balls, hula hoops, spinning plates, ribbons, yoga hammock, swinging, flower sticks (juggling), parachute, balance stunts and more. Circus skills promote: Ambidexterity, Hand-eye co-ordination, Depth perception, Peripheral vision, Neuromuscular balance, Quickness under pressure, Focus, Concentration. *Research has shown that there is a direct relationship between hand-eye coordination and the ability to read and write. Give it a try, it is never too late to grow dendrites or connective cells in the brain.*

CROSS COUNTRY SKIING: This is a wonderful winter unit. This fitness and "Lifetime Activity" has many benefits such as: total body workout, cardiovascular endurance, muscle endurance, strength, coordination, balance and self-confidence. We rent our skis from the Minnesota Youth Ski League [MYSL](#)

FITNESS: We incorporate fitness into each lesson. We encourage our students to value fitness and personal wellness by teaching goal setting, encouraging outside of class practice, understanding individual differences and always doing your best. Here is a sample of fitness activities: four minutes of movement, jogging, jumping rope, tag, core exercises (curl-ups, push ups, plank...), dynamic exercises, interval training, Popsicle Run and more. We are in the process of updating our Fitness Evaluation techniques to match the current research on safe fitness testing. There are four fitness zones starting with Active, Healthy, Fitness & Athletic. We would like all of our students to be in the **healthy zone** or above. [Boys Fitness Chart](#) [Girls Fitness Chart](#)

INDIVIDUAL SKILLS/SPORTS: We provide a variety of experiences for our students to develop individual skills such as: throwing, catching, kicking, striking, tossing, rolling, hitting, dodging, strength, speed, agility, balance, coordination, goal setting and self awareness. Our individual sports include: badminton, track & field, bowling, tennis, disc golf, table tennis, jump rope and recreational games.

NINJA WARRIOR TRAINING: Ninja Warrior course using the wall, pull-up bars and monkey bars. Benefits: helps with focus and concentration, increase agility, better flexibility, improve balance, increase core strength, learn to fall safely, develops spatial awareness, individual challenges will boost confidence.

****PARKOUR/FREE RUNNING (**NEW-since 2016):** Grades 4-8. The activity or sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping, and climbing. Parkour is French for route or course. History: a training discipline using movement that developed from military obstacle course training. Some of the benefits are: full body workout, promotes quick thinking skills, fosters creativity, boosts confidence, skill related fitness, builds core strength, cardiovascular strength and it promotes children to encourage one another.

POPSICLE RUN: The Popsicle Run is not a race. It is a process of learning. This is an event for the whole school and the Yinghua community. The Popsicle Run is .5-2 miles long depending on your grade. The focus of the run is to practice; learn how to train; how to be prepared (4-6 weeks prior, a week out, the day before, the morning of...); goal setting; doing your best; importance of nutrition and sleep; and to encourage others.

- Grade K-1=1/2 mile.
- Grades 2=2/3 mile.
- Grade 3=1 mile.
- Grade 4-8= 1, 1.5 or 2 miles (choice).

RECREATIONAL GAMES: Recreational games provide challenges and adventures for individuals and families. Reduces stress, builds family bonds, develops eye-hand coordination, fun outdoor play, and easy to learn and play with all ages. Breathing fresh air in a natural, serene environment also helps many people to relax and reduce stress and anxiety. Our recreational games include: disc golf, kan-jam, bocce, croquet, bag toss, washer toss, ladder golf, kubb, *bulls-i-bucket, *rollers, smashball and frisbee throw. *new

ROLLER SKATING: This skating unit is being implemented because of its emphasis as a "Lifetime Activity." Skating provides a variety of benefits: balance, coordination, motor skills and strength. Students will also learn basic skating skills such as starting, stopping, forward skating, backward skating, cornering, and a number of safety tips for being a smart skater. We rent roller skates from Skatetime.

TEAM SPORTS: We play a variety of sports such as: basketball, floor hockey, net games, football, soccer, team handball, ultimate, tchoukball (new), volleyball and wiffle ball. The emphasis of team sports is skills, understanding, teamwork, leadership, sportsmanship and participation.

TRAVERSE CLIMBING WALL (BOULDERING): Climbers advance across a wall horizontally. No ropes needed. This is a challenging activity for all grades and all abilities. Fitness benefits: balance, coordination, flexibility, increased muscle strength, improved motor planning, increase body awareness. Social and emotional benefits: increased self-knowledge, self-confidence and self-esteem; enhances patience, perseverance, courage, trust, will power and self-control; challenging, positive risk taking, stress management, awareness of others and leadership.

TUMBLING: Grades K-3. Benefits of tumbling: increase flexibility, develop strength, learn to fall correctly, body spatial awareness, improves coordination and balance.

WHEELS WEEK: During this fun week students learn about pedestrian safety, bike safety and safety equipment. We explore movement on wheels by using: scooters, bikes, in-line skates, ezyrollers, rip-sticks and skate boards. The benefits are numerous such as: balance, coordination, self-awareness, strength, flexibility, helping others, recreational activity and safety. Emphasis is placed on try, learn and teach others.