

**Awesome reasons to be Physically Active:**

STRENGTH Energy Confidence

BALANCE Endurance



Fit FLEXIBILITY Mood

CORE Stability

Welcome to TCA's Cottage School Physical Education Program!

**CSP P.E Goal:** To help students develop a physically active and healthy lifestyle while combining their continuously developing physical abilities with their cognitive thinking skills. Physical education uses sporting activities as a vehicle to accomplish this. It is our objective to partner with parents to achieve this, collectively. Our field day is a great opportunity to bridge this parent and teacher mission. Together, we aim to inspire and train up each student in mind, body, and spirit.

**P.E Objectives:**

- To develop fundamental movement skills for K-2 and sport specific skills for 3rd-6<sup>th</sup> grades.
- To promote participation in physical activity as a lifetime goal.
- To educate students on cognitive concepts related to good, healthy choices regarding physical activity, healthy eating, drinking, and sleeping habits, as well as tobacco use-all at age appropriate levels.
- To develop strong character traits beneficial to a lifestyle of physical activity, including but not limited to: teamwork, self-control, fairness, perseverance, leadership, humility and zest.

\*\*\*Physical fitness is **life changing**. Let's encourage our children to stay active and eat healthy, while being good role models for them as they grow and learn.