Physical education is a sequential educational program that provides students with the knowledge, skills, fitness and attitudes necessary to lead a healthy active lifestyle. Participation in Physical Education class contributes to the overall success in the students school life because we are trying to develop self confidence, social skills, tools for problem solving, and an appreciation that life is a gift from God.

**6th - 8th Grade**

Flag football

Ultimate Frisbee

Disc golf

Volleyball

Basketball

Non contact rugby

Games some examples

capture the flag

dodgeball

side line basketball

six base

four way capture

Jump roping

Eclipse Ball

Satron ball

\*\*\*For a comprehensive listing of Diocesan Standards, please visit: [www.dioceseoflansing.org/education/catholic-school-curriculum](http://www.dioceseoflansing.org/education/catholic-school-curriculum)

**4th and 5th Grade**

Speed ball

Volleyball

Roller skating

Basketball

Floor Hockey

Non Contact Rugby

Ultimate frisbee

Games some examples

Capture the flag

Various tag games

sideline basketball

sideline soccer

Jump roping

Jump bands

using Paddles and balls

Junior eclipse ball

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**Kindergarten - 3rd Grade**

Soccer

Noodle games

Parachute

Basketball

Paddles and balls

Throwing ,Catching and Batting

Games some examples

various tag games

Ship Wreck

Hungry caterpillar

Relays working on various motor skills

Jump roping

T ball

Space awareness

Speeds and Levels

Motor skills

Roller Skating

Hula hoops

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