

## Meet your teacher...



E-mail:  
[cvandehey@vcsknights.org](mailto:cvandehey@vcsknights.org)

### Ms. VanDeHey

Education:  
B.A., Theater Arts - Humboldt State University  
Multiple Subject Teaching Credential - Cal State San Marcos

#### How my faith influences teaching:

My faith influences my teaching through every decision I make. The students and their safety are my priority. Through my faith, I am able to expand student learning through modeling Christ-like behavior.

TO READ MORE ABOUT MS. VANDEHEY VISIT OUR WEBSITE  
[WWW.VCSKNIGHTS.ORG](http://WWW.VCSKNIGHTS.ORG)



Visitation Catholic School



# PHYSICAL EDUCATION CURRICULUM

### MISSION STATEMENT

Visitation is a Catholic Parish School that prepares students to be responsible citizens and life-long learners committed to proclaiming the Good News of Jesus Christ.

Visitation Catholic School

4189 NW Visitation Road  
Forest Grove, Oregon 97116

Phone: 503-357-6990

Fax: 503-359-0819

[www.vcsknights.org](http://www.vcsknights.org)



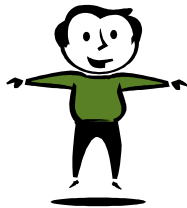
Your P.E. teacher is: Ms. VanDeHey

## Overview

Our Physical Education program promotes teamwork, sportsmanship, cooperation, and self accountability. It also helps students develop the skills and tools to help achieve a healthier and physically fit lifestyle.

## Overall Goals

- \* Provide an opportunity to contribute to the overall development and well being of each student
- \* Relate to students the benefits of P.E.
- \* Provide students with the correct skills of sports and activities to use to pursue a life with physical fitness
- \* Let students discover the benefits of sports while providing a comfortable and safe environment



## KEY AREAS OF STUDY

### Grades K - 3

- \* **Locomotor Skills**  
Coordination is developed by walking, skipping, jumping, galloping, sliding, running and various other skill activities
- \* **Ball Skills**  
Bouncing, kicking, throwing and catching are emphasized in fun cooperative games, relays and other activities
- \* **Body Skills**  
Various rolls, poses, and simple tumbling activities will be introduced and practiced
- \* **Balance**  
Various exhilarating balance activities planned



### Grade 4

- \* **Sports Skills**
  - \* Soccer
  - \* Football
  - \* Basketball
  - \* Baseball
  - \* Frisbee
  - \* Badminton
  - \* Volleyball
  - \* Floor Hockey
  - \* Many More!!
- \* **The beginning of Fitness Fundamentals**  
Students practice warm-ups, stretching, flexibility, endurance, sit-ups, pushups and aerobic activities



### Grades 5 - 8

- \* **Sports Skills (advanced)**
  - \* Soccer
  - \* Football
  - \* Basketball
  - \* Baseball
  - \* Frisbee
  - \* Badminton
  - \* Volleyball
  - \* Floor Hockey
  - \* Many More!!
- \* **Fitness**
  - \* Target Heart Rate
  - \* Cardiovascular Fitness
  - \* Muscular Fitness