

K - 6TH GRADE

# Amazing Athletes<sup>®</sup> P.E.

## PROGRESSIVE SKILL-BASED SPORTS LESSONS

### PLAY

- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- SOCCER
- BASEBALL
- TRACK + FIELD
- CAPTURE THE FLAG
- DODGEBALL

AND MORE!!

### LEARN

- NUTRITION
- SELF-CONFIDENCE
- TEAMWORK
- MOTOR SKILLS
- CONDITIONING

### PERFORM

- SPEED
- AGILITY
- FLEXIBILITY
- STRENGTH
- COORDINATION



### CLASS OVERVIEW

<b>Warm-Up</b> Moving + Stretching	<b>Strength + Training</b> CHEST PECTORIALS DELTOID SHOULDERS BICEPS BRACHIALS OBLIQUES SIDE ABS	<b>Sport Focus</b> 	<b>Sport Relay + Game</b> 	<b>Cool Down</b> Relax + Stretch Nutrition Motivation
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Our weekly classes include a variety of:

- Character Conversations
- Muscle Identification/Work
- Partner Activities
- Fitness Challenges
- Sport-Specific Skills Activities
- Supervised-Sports Game Play

Spring 2023 at Crookshank Elementary  
 Thursdays 3:00-4:00. Jan 12 - May 18, 2023  
**FREE** Registration, \$15.00/class (paid monthly)  
**A FEW SPOTS LEFT, Don't miss out! Sign up today!!**

**Click *HERE* or Scan to Enroll**

**Contact us about a staff or sibling discount**



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