



## Physical Education Classes For Preschoolers

AEROBIC FITNESS CONSULTANTS, INC.

The ultimate goal of the KID-FIT program is to emphasize the importance of good health and wellness habits. Sound eating, regular exercise, rest and personal safety are all part of a healthy lifestyle. Through physical education children learn, in a fun way, how to take care of their bodies for a lifetime of good health. The following schedule is what children will be taught each session of KID-FIT during the 2012-13 school year.

### **Sept. 3 - Oct. 12.....Lungs**

Learning Goals: What are lungs, why we need them, how to keep them healthy

### **Oct. 15 - Nov. 23.....Bones**

Learning Goals: What bones are, why we need them, how to make and keep them strong

### **Nov. 26 - Jan. 4.....Mouth**

Learning Goals: Germs, preventing colds and the spread of germs, tooth care, poison, choking

### **Jan. 7 - Feb. 15.....Heart**

Learning Goals: What a heart is, what it does, why we need it, how to take care of it

### **Feb. 18 - March 29.....Muscles**

Learning Goals: What fat and muscle are, why we need muscles, how to keep them strong

### **April 1 - May 10.....Skin**

Learning Goals: Multiculturalism, sun safety, water safety, dog safety, fire safety, 9-1-1

### **May 13 - June 21.....Body Parts**

Learning Goals: Identify major body parts, good touches/bad touches, abduction prevention

### **June 24 - Aug. 2.....Brain**

Learning Goals: What the brain is, what it does, feelings, thoughts, imagination, drugs

### **Aug. 5 - Aug. 30.....Eyes and Ears**

Learning Goals: Looking, listening, seat belts safety, traffic safety, sunglasses