

4th Grade

Herman E. Dummer School
Physical Education

Physical Activities

Emphasis is Introduction of Skills

Badminton
Basketball
Football
Kickball
Soccer
Softball
Track and Field
Frisbee Games
Volleyball

Physical Fitness

Daily Exercises
Circuit Days
President's Physical Fitness
Testing

Team Building

Group Activities
Tug-of-War

5th Grade

Herman E. Dummer School
Physical Education

Physical Activities

Emphasis is Rules and Terminology

Badminton
Basketball
Football
Kickball
Soccer
Softball
Track and Field
Frisbee Games
Volleyball

Physical Fitness

Daily Exercises
Circuit Days
President's Physical Fitness
Testing

Team Building

Group Activities
Tug-of-War