

PE + PLUS REPORT

2/07/01



PE PART

Welcome back to PE +PLUS at Castle Rock for the Spring 2001 semester. We've played some dodgeball, chase games and soccer activities with the kids during the past two weeks. We will probably do more chase games, soccer and also mat games for the next three weeks. I like dodgeball because there is a lot of catching and throwing going on (fostering eye-hand coordination) not to mention dodging and teamwork. I also like to offer chase games to develop speed, quickness, coordination and space awareness. Soccer is a great developer of quick feet, coordination and balance. Also, all the above activities are useful because they offer a great cardio-vascular workout. Mat games are important to do because they offer body related skill development (overall body coordination, upper body development and body awareness) versus just eye/hand/foot coordination development that most games with a ball offer.

PLUS PART

We shared last session about being leaders not just followers. How we're called sheep and by nature act like sheep (Isaiah 53) but by following Jesus and his godly leaders (parents, pastors, teachers, coaches) we can rise above this nature and be the leaders God has called us to be. "If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in His glory..." (Luke 9:26)

We also shared at the previous session about the parable of the talents (Mathew 25) and the importance of doing the best with all the talents, skills and blessings the Lord has given you (physically, mentally and spiritually).

Thanks for the privilege of working with your kids!

Coach Dave Kemp