

PE PLUS PATRONS

10/28/02

PLUS PART Greetings! It's been a while since the last newsletter. In PE the past month we have discussed principles like being fearfully and wonderfully made (PS 139) and running the race to win the prize (1Cor 9)- the prize being Jesus and heaven. Then we also talked about working together like Canadian geese that fly in "V" formation and like a team of horses that can pull much more yoked together, the Air Force Fighting Falcons football team being like David in a land of football giants. Also, we covered telling the truth (Ex 20) and how Satan will mix a little truth with lies to try and deceive us and how we can combat this through the word, prayer, parent's guidance and the Holy Spirit's prompting.

PE PART With the older kids we've done activities like basketball, football, soccer, Capture the Flag/Smaug's Jewels, dodgeball and kickball. With the younger students we've done some of the above



activities plus acting out the words and actions of different animal books, a little tumbling and chase games like Roadblock, Snake-in-the-Grass, dinosaur tag, Blast-off, Sharks & Minnows, Wolf & Lamb, Sardines (Hide 'N Seek in reverse) and Lion Tamer. We've also done games like Possum and Indian Fun Run. In the upcoming weeks we will do things like hockey, volleyball, scooter games and more chase games, tag games and dodgeball.

I'd like to take this time to continue to share a little bit about the philosophy of good, Godly PE that I believe the Lord has imparted to me after 23 years in the field. I like to do a wide variety of different sports and activities in PE so that kids will get a taste and appreciation for many different movement related games and adventures. Also, by doing many different things my hope is that your kids will find something they like, are successful at and that is beneficial for them. Then hopefully they will continue on in them as life-long ways of recreating, relating to others in a biblical way, learning lessons from the Lord, helping them stay fit as well as developing skills learned in these physical activities that they be able to use in other life circumstances.

On the flip side, it is more difficult to develop specific skills given a one day a week format and by doing many different things. A problem I ran into during my public and private school years (where I saw kids once, maybe twice a week). I found though, if I was a good advertisement for physical activities (a great commercial, if you will) and if we did certain key skills repetitiously over the years they did acquire those important skills they needed. For example, I can already see real improvement in students that have been in the program for 3 years or more in the areas of throwing, catching, running, exercising, coordination, flexibility, praying out loud, blessing and encouraging one another in word and deed, effort, sportsmanship, teamwork as well as specific skills needed to play "social" games like basketball, volleyball and soccer (skills like dribbling, passing, serving, bumping, kicking as well as game knowledge and strategies).

Schedule wise, please be reminded that we are not having classes the week of Thanksgiving (Nov. 25-29) and this semester of PE PLUS will end the second week of December (except the Littleton site, they will go into the third week of Dec.) and the new semester will start up again the third week of Jan. 2003.

Lastly, in preparing for last summer's CHEC conference we ordered too many scooters. Therefore we are selling these 18" x18" yellow scooters at cost (\$12). They might make a great Christmas gift or be used as a dolly to move big objects!



Thanks for all you do as homeschoolers!
In Jesus. Coach Dave Kemp & Family