

C.A.P.E.
IS
A
KALEIDOSCOPE
OF
ACTIVITIES

If put on the spot and asked to describe our communities Physical Education program in one or two words, these two words come to mind: Plethora and kaleidoscope.

Over the years we have worked very hard to develop a curriculum that offers a plethora of activities and units. On a daily basis our staff is involved in a broad spectrum of experiences with classes that range from Lower School Pre-Kindergarteners to Middle School Sixth Graders. One of the many things that we pride ourselves in is that equipment is plentiful, in most instances we have a 1:1 student to equipment ratio for the students to utilize, explore, and to develop their skills. This ratio gives the students ample opportunities to practice and work towards proficiency in many areas.

Our curriculum is a beautiful kaleidoscope of activities using colorful balls, cones, hula hoops, scooters along with many other pieces of equipment. We include music in a majority of our classes to enhance our students P.E. experiences. Our staff works hard to make our students P.E. time both memorable and rewarding. A student was once asked “What did you do at school today, the student responded we had recess and P.E.” Often times it is difficult if not impossible to keep the students from running across the cross walk, through the hall and into the gym, because of their genuine excitement of arriving for P.E.

Our department is creative and well trained. The C.A.P.E. staff has at least seventy-five years of coaching and teaching experience, with over fifty years at C.A. The C.A.P.E. curriculum is constantly growing, becoming more and more diverse, keeping up with the needs of our students, and striving to stay current with today's changes within our profession. Our staff is knowledgeable in many of the latest strategies and techniques and appropriate teaching styles necessary to be effective when instructing each and every age and grade level that we are responsible for. At C.A. we have the fortunate opportunity to be a part of and witness the thread that weaves its way from the earliest stages of development all the way through the most advanced stages. The basic skills of throwing and catching in Pre-K is one of the many things that are learned that eventually lead to a varsity volleyball player serving overhead, or possibly having the upper body strength needed to shoot a basket or throw a lacrosse ball.

The Physical Education portion of the school year is showcased on Wright and Woody's Field in May during the Lower School Field Day Extravaganza. Our staff organizes and set up the two fields for the morning activities, and the success of the day is a direct result of the lower school students and teachers, along with the assistance of the eighth grade advisors and students. Field Day truly represents the colorful Kaleidoscope that C.A.P.E. has grown to be and works to achieve, by offering a plethora of activities.