

Physical Education

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Physical Education in homeschool sometimes is left in the dark. We become preoccupied with Islamic Studies, Quran, math, writing and etc., which puts P.E on the end of the list. For some of us we may not realize that it should be an integral part of our curriculum. Children need a planned program of activities that will promote good development for healthy life styles, and life skills. A physical education curriculum should have some goals. The goals should be right for the child's age and physical development. Some things to keep in mind are fitness, self Image, Motor Skills, reaction, and social behavior. When we take a brief look at these goals individually, we will begin to see how and why physical education is an important part to our child/children's education and overall health.

Motor Skills

Coordination

Reflex

Movement

Fitness/Health

Increase body strength

Flexibility, Endurance

Self-Image

The awareness of their body

The importance of caring for their body

Setting personal goals for healthy eating and commitment to physical fitness

Social Behaviors

Interactions with others

Teaches good competition

Sportsmanship

In addition, being able to accept

Losses

Victories and injuries

Leadership and organization

Recreation

Means of personal choices of physical or mental enjoyment

Improves skills

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Umm Anisa