

# Fitness and Sports

3<sup>rd</sup>-6<sup>th</sup> grade (1<sup>st</sup> hour)

7<sup>th</sup>-12<sup>th</sup> grade (can receive H.S. credit) (4<sup>th</sup> hour)

For physical training is of some value, but godliness has value for all things. 1 Tim. 4:8a

**Course Description:** This class will encourage students to grow in their understanding and abilities of sports (soccer, basketball, flag football, volleyball) and games (ultimate Frisbee, floor hockey, pickleball, shuffleboard, four-square) while also being challenged to strengthen their fitness levels through cardiovascular, strengthening, and flexibility exercises. Class time will be split between these two areas (half fitness and half game or sport) while encouraging them in life skills through these activities.

**Supplies Needed:** Appropriate gym clothes, shoes, and a water bottle

**About the tutor:** I have coached cross-country for over 20 years and track for 13 years. I have taught other P.E. classes and have been teaching this class at KAT since 2013. I have my BA in elementary education with a coaching endorsement from Northwestern College in Iowa and an MA from WMU. My husband and I have always homeschooled our 6 children. I feel blessed to be able to do what I love to do with my children and I enjoy the opportunity to share my love of teaching and physical fitness with others.

**Cost:** \$310/year. There is a \$20 deposit at time of registration which is taken off of 2<sup>nd</sup> semester payment. \$155 is due the first day of the 1<sup>st</sup> semester in September and \$135 is due the 1<sup>st</sup> day of the 2<sup>nd</sup> semester in January. I am open to other payment plans if needed. There is a 4-week drop policy with full refund within that time minus \$20 deposit.

Kristen Olson

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