

Fitness and Sports

5th-12th grade (8th-12th grade can receive H.S. credit)

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 this will be my 8th year teaching at KAT. 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 (increase goes to rental of gym) There is a \$20 deposit at time of registration which is taken off of 2nd semester payment. \$155 is due the first day of the 1st semester in September and \$135 is due the 1st day of the 2nd semester in January. I am open to other payment plans if needed.

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