

# Physical Education Curriculum for Kids with KTR Gym Membership

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## **Subject:**

Physical Education

## **Scope/Overview:**

This physical education curriculum is designed for kids aged 6–13 to promote health, fitness, coordination, and confidence. The program includes structured physical activities supported by a KTR gym membership, which offers a range of facilities like trampoline areas, obstacle courses, ninja zones, climbing walls, skateparks, and tumbling tracks. Kids will gain exposure to diverse physical challenges that enhance strength, balance, endurance, and teamwork skills.

## **Sequence/Teaching Method/Lessons:**

The curriculum is divided into 4-week units with a focus on progression and skill development.

### **Week 1–4: Movement & Balance**

- Warm-up routines: stretching, dynamic movement
- Balance exercises: balance beam, slackline
- Trampoline time: learning basic jumps and landing safely
- Cool-down: breathing techniques and flexibility stretches

### **Week 5–8: Strength & Coordination**

- Warm-up: obstacle course runs
- Strength stations: monkey bars, climbing walls
- Bodyweight exercises: squats, push-ups, lunges
- Agility games: relay races, jump rope challenges

### **Week 9–12: Teamwork & Sports Skills**

- Intro to group games: dodgeball, soccer, basketball
- Team-based ninja zone challenges
- Partner drills: passing, throwing, strategy-based play
- Cool-down: group stretching and reflection

### **Week 13–16: Tumbling & Freestyle Practice**

- Tumbling track practice: rolls, cartwheels, safe falling

- • Freestyle exploration: trampoline tricks, parkour basics
- • Create-your-own routine project
- • Final showcase event and skill celebration

### **Required Materials:**

- • KTR gym membership (access to all locations and activity zones) – essential for safe and supervised physical exploration.
- • Comfortable athletic clothing and supportive sneakers.
- • Reusable water bottle to stay hydrated during activity.
- • Personal jump rope for agility drills.
- • Notebook or PE journal for tracking progress and reflections.
- • Optional: Safety gear (helmet, knee/elbow pads for skatepark use).
- • Skateboard – for developing balance and coordination in the skatepark area.
- • Scooter – useful for freestyle riding and tricks in designated KTR areas.
- • Trampoline scooter – for safe practice of aerial scooter tricks on trampolines.
- • BMX bike – for use in pump tracks or BMX courses available at some KTR locations.
- • Helmet and protective gear (knee pads, elbow pads, wrist guards) – essential for safety during high-movement and wheeled activities.