



Rising Stars Academy Homeschool P.E. Class



Fall 2021 - Spring 2022

October-March

Ages 5 yrs - Teen

*** Needs Six (6) students enrolled for class to run

Class Description

Our Homeschool Physical Education Class is offered for all children ages 5 through teen regardless of past experience. Our daytime classes are perfect for our homeschooling families in the Bloomington-Normal area. This class will be held in our main gym with our spring floors, trampolines, tumble trak, balance beams, bars, and much more!

The Homeschool Physical Education Class will provide a well-rounded fitness experience. The focus of this class is on basic fitness & life skills such as



- ◆ Endurance
- ◆ Core, arm, & leg strength
- ◆ Flexibility
- ◆ Agility
- ◆ Balance
- ◆ Aerial & Body Awareness
- ◆ Trampoline Safety
- ◆ Self-discipline
- ◆ Self-Confidence & Self-Esteem
- ◆ Social Interaction
- ◆ Having lots and lots of FUN!



Each class will begin with a group stretch, followed by the children being broken up into groups based on age. The several different aspects of overall fitness (including some gymnastics & tumbling instruction!) will be worked on throughout different stations, utilizing all the equipment our facility has to offer. Fun games and group activities will wrap up each session (incorporating aspects of exercise, achieving a target heart rate, and of course fun!).

Thursdays 2:30-4:00pm

1st child: \$80 / month 2nd child: \$75 / month 3rd child: \$70 / month

First class starts October 7th, 2021

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www.risingstarsacademy.com