**Old School PE**

**Instructor:** Jammie Adams [mifadams@verizon.net](mailto:mifadams@verizon.net) 813-785-5394

**Age Range:** K-7th

**Description:**

This class consists of organized games and challenges that promote physical activity among children. We like to disguise fitness with fun. This class is an amazing opportunity for your children to release pent-up energy so they can be calmer for you at home.

We will be playing games such as dodgeball, kickball, basketball, and various other sports. Our goal is to develop motor skills and physical development among children. This will promote healthy lifestyle habits that will continue into adulthood.