



EXPAND YOUR CIRCLE OF FRIENDS

Creating healthy lives & encouraging good habits.

HOMESCHOOL PHYSICAL EDUCATION PROGRAM

The Y's Homeschool P.E. program focuses on class participation, developing healthy habits, making new friends and enjoying new forms of exercise and games!

Session Dates 2025 - 26

- Session 1 - Aug. 5 - Sept. 2
- Session 2 - Sept. 9 - Oct. 7
- Session 3 - Oct. 21 - Nov. 18
- Session 4 - Jan. 6 - Feb. 3
- Session 5 - Feb. 10 - March 10
- Session 6 - March 24 - April 21
- Session 7 - April 28 - May 12

Ages 5-13

Tuesdays: 10 am - 1 pm

- \$65/Members
- \$105/Non-members

Incorporated Elements

- Aquatic safety - team, dual and individual sports
- Physical fitness - education enrichment, health, math, literacy
- Art education - nutrition education, i.e. healthy snacks, label reading, arts and crafts.

TIME

10:00-11:00
11:00-12:00
12:00-12:30
12:30-1:00

ACTIVITY

Health Education
Physical Education
Swimming
Swimming/Structure Play

Leaders in Training

Children ages 14 & up can participate in our Leaders-In-Training (LIT) program. LIT course includes participation in a leadership role assisting with daily curriculum and leading group activities.

NORTH RIVER FAMILY YMCA
4138 Hixson Pike Chattanooga, TN 30736
ymcachattanooga.org

Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

HOMESCHOOL P.E.

2025-26



SESSION 1: Aug. 5 – Sept. 2

Physical Activity:

Theme: Kicking Things Off!

- Soccer, Kickball, Lawn Games

Health:

Theme: "Exercise" Safety

- Sun safety, Injury prevention, Nutrition/Hydration

SESSION 2: Sept. 9 – Oct. 7

Physical Activity:

Theme: Serving up Fun!

- Pickleball, Spikeball, Volleyball

Health:

Theme: Healthy Habits

- Healthy Mind, Healthy Hygiene, Nutrition

SESSION 3: Oct. 21 – Nov. 18

Physical Activity:

Theme: Fall Frisbee Frenzy

- Disc Golf, Ultimate Frisbee, Circuit Training

Health:

Theme: "Dem Bones"

- Skeletal System, Bone Identification, Nutrition

SESSION 4: Jan. 6 – Feb. 3

Physical Activity:

Theme: Take it to the Mat

- Tae Kwan Do, Gymnastics, Yoga

Health:

Theme: Muscle Madness

- Muscle Identification, Strong Muscle Strategies & Nutrition

SESSION 5: Feb. 10 – March 10

Physical Activity:

Theme: Cardio Craze!

- Jump Rope, Basketball, Agility Training

Health:

Theme: Healthy Hearts

- Heart Rate Zones, Cardio Health, Nutrition

SESSION 6: March 24 – April 21

Physical Activity:

Theme: Get the Ball Rolling!

- Bowling, Lacrosse, Strength Training

Health:

Theme: Food for Thought

- Balanced meals, Macro & Micronutrients

SESSION 7: April 28 – May 12

Physical Activity:

Theme: Spring has Sprung!

- Track & Field, Field Day

Health:

Theme: Food is Fuel

- Reading Food labels, Calories in vs. Calories Out