

OUR MISSION STATEMENT

Visitation is a Catholic Parish School that promotes life-long learning, responsible citizenship, academic excellence, and sharing the Good News and love of Jesus Christ.

P.E. Teacher: Mrs. Stadelman

EDUCATION

Associates of Arts in Vocal Performances from BYU, Idaho
Bachelors of Music Education from Idaho State University
Masters of Music in Choral Conducting from Portland State University

How My Faith Influences Teaching

Interesting enough, faith is at the center of my musical philosophy. I believe that music is a language of the spirit. It is a unique and profound gift from God to help us not only understand one another, but to communicate ourselves on a grandly spiritual level. To understand music and to utilize it in our daily lives is to enhance and strengthen our personal relationships with each other and with our Father in Heaven.

VCS WELCOMES YOU!

Come explore our campus; a place where students from Preschool through 8th grade have an opportunity to fulfill their potential within a safe and supportive academic environment.



VISITATION CATHOLIC SCHOOL

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@VCSKnights

PHYSICAL EDUCATION CURRICULUM



Cultivating faith through academic excellence, arts and athletics in the Catholic tradition since 1883.

VISITATION'S PHYSICAL EDUCATION PROGRAM

Our Physical Education program promotes teamwork, sportsmanship, cooperation, and self accountability. It also helps students develop the skills and tools to help achieve a healthier and physically fit lifestyle.



OVERALL GOALS:

- Provide an opportunity to contribute to the overall development and well being of each student
- Relate to students all the benefits of Physical Education
- Provide students with the correct skills of sports and activities to use to pursue a life with physical fitness
- Let students discover the benefits of sports while providing a comfortable and safe environment

OUR PHILOSOPHY

Visitation Catholic School is dedicated to the four-fold principles of Catholic education: message, service, community and worship. In accordance with these principles, we are committed to the building of a Christ centered community of students. We believe all who participate in the process have vital and distinct roles.



KINDERGARTEN - 3RD GRADE

• **Large Motor Skills**

Coordination is developed by walking, skipping, jumping, galloping, sliding, running, and various other skill activities

• **Ball Skills**

Bouncing, kicking, throwing, and catching are emphasized in fun cooperative games, relays, and other activities

• **Body Skills**

Various rolls, poses, and simple tumbling activities will be introduced and practiced

• **Balance**

Various exhilarating balance activities planned

4TH GRADE

• **Beginning of Fitness Fundamentals**

Students practice warm-ups, stretching, flexibility, endurance, sit-ups, push-ups, and aerobic activities

5TH GRADE - 8TH GRADE

• **Beginning of Fitness Fundamentals**

Target heart rate, cardiovascular fitness, and muscular fitness

SPORTS SKILLS

- Soccer
- Football
- Basketball
- Baseball
- Floor Hockey
- Badminton
- Volleyball
- Frisbee

(Advanced sport skills 5th-8th grade)



CYO SPORTS

Students from 3rd grade through 8th grade can join Catholic Youth Organization teams.

- **Fall sports:** Volleyball, Flag Football and Cross Country
- **Winter sports:** Basketball
- **Spring sports:** Track & Field