



HOMESCHOOL

Physical Education & Fitness Programs

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The Fitwize 4 Kids Homeschool P.E. Program helps families make physical education an essential part of their total curriculum, ensuring that enjoyment in physical activity continues as a natural part of their students' everyday lives. Our program provides K-12 students the standards-based P.E. lessons that focus on physical fitness, skill development, safety and positive social interaction. In addition, we can include fitness classes for kids and teens that offer more of a workout option than a P.E.-based program. We cater toward your needs.

PROGRAM STRUCTURE

Students are taught in specific age groups with appropriate fitness activities with a low 15:1 ratio. Our younger K-5th graders participate in manipulative activities and non-locomotor games to help develop coordination, fine motor skills and hand-eye coordination. As they progress, students take part in team-building activities that foster positive social interactions. Grades 6-12 develop their own progressive exercise plans that will help them build responsibility and cooperation, and refine skills that will promote lifetime physical activity interests. Our 60-minute classes offer:

- ⦿ Physical Education-style Games
- ⦿ Fitness Testing (Presidential Challenge Fitness)
- ⦿ Boot Camp-style workouts (cardio, strength, high intensity)
- ⦿ Workout Class Option
- ⦿ Jump Rope
- ⦿ Tumbling

INSTRUCTOR

Kristoffer Bernstein is an ACE certified personal trainer with a B.S. in kinesiology and minor in exercise physiology from Old Dominion University. He designs and implements our fitness activities and programs that are appropriate for all ages. Kristoffer has several years experience working with children, including through all of our Fitwize programs.

