

LIBERTY LIBERAL ARTS ACADEMY
SBG Physical Fitness

Teacher: Paul Sharp

Grade Levels: 1 - 12

Teacher Compensation: \$225.00 annually, payable in monthly installments of \$25.00

Semester Supply Fee: None.

Curriculum Required: None.

Class Description: Join us to learn how much fun physical fitness can be. This class will focus on utilizing movement drills and skills found in Brazilian Jiu-Jitsu to build and/or enhance the student's physical fitness while also learning fundamental self-defense movements.

Not to worry, this class involves no contact as the movements can be learned through exercises that also build strength, cardiovascular fitness, and flexibility. Students will learn to work as a team while also growing as individuals.