Hello! My name is Kimberly Kincaid. Students call me Ms. Kim. I am one of the physical education teachers here at DMCS. I received my Bachelor’s Degree in Psychology from Cal Poly SLO and my Single Subject Teaching Credential in Physical Education from Brandman University. My desire is to teach students fundamental skills that they can use for the rest of their lives in a variety of activities such as sports, leisure, and recreation. I also want to foster in students a positive relationship with being physically active as well as the knowledge of its importance.

Being physically active throughout the day every day is essential for everyone, especially school-aged children. Daily physical activity not only has physical benefits, mood and cognitive function also increase. Physical activity increases blood flow to the brain, increasing alertness and focus. It also helps students calm their bodies down to better focus on school tasks.