



ST. PATRICK ELEMENTARY SCHOOL



PHYSICAL EDUCATION AND HEALTH & OUTDOOR EDUCATION PROGRAM

2016-2017

P.E. Teachers- Ms. Rose, Ms. Clarke & Ms. Macro

Program Objectives

The Physical Education Program encourages maximum participation while exposing students to a wide variety of physical activities. Through physical activity students build self-esteem, social skills and cooperative strategies. The program also aims to promote an active and healthy lifestyle. We use a non-competitive approach, focusing instead on fair play, effort and personal achievement.

Student Expectations

Students are expected to follow the rules in all physical education classes and extra-curricular activities:

- 1) Be safe at all times.
- 2) Listen to and follow instructions.
- 3) Wear proper Phys. Ed clothes and dress appropriately for Outdoor Education.
- 4) Treat everyone with respect.
- 5) Take care of and respect all equipment.
- 6) Participate and have fun!!

Students are expected to play fairly, try their best and encourage/help their classmates.

Evaluation Competencies

Please refer to the Evaluation of Student Learning document posted on our website. A summative mark will appear on the report card at the end of each term. Your child will be evaluated on the following competencies:

- 1) Student participates in individual physical activities
- 2) Student participates in a group physical activities
- 3) Studentsparticipates in a healthy active lifestyle

Medical Information

All students are expected to participate in all activities unless they have a note explaining why they are unable to participate. Without a note, students will be expected to take part in the class.

**** Please let us know as soon as possible if your child has any chronic health problems that may affect their participation (asthma, injury, illness etc).**

Hygiene

Your child will be working hard this year in physical and health education! In an effort to teach our students about proper hygiene, we encourage them to have a change of clothes for Phys. Ed class. It would also be a good idea for our Cycle 3 students to keep deodorant in their school bag.

Kindergarten & Cycle I

Basic Games	Object Manipulation
Spatial Awareness	Relays
Gymnastics	Parachute Games
Locomotor Movements	Yoga
Skipping/Hula Hoop	Dance
Cooperative Games	Cupstacking

**activities may vary depending on circumstances*

Cycle II & Cycle III

Fitness/ Aerobics	Ultimate Frisbee
Skipping	Handball
Dance	Body Ball
Soccer	Volleyball
Basketball	Badminton
Gymnastics/ Pyramids	Track and Field

LBPSB Tournaments

This year we will be participating in several LBPSB tournaments. Students participate voluntarily and practices are held during lunch hours and occasionally after school. These activities are a privilege; students who do not respect the rules will not be invited to participate in the tournaments.

<u>TOURNAMENT</u>	<u>GRADE</u>	<u>DATE</u>	<u>LOCATION</u>
Ultimate Frisbee	5-6	September	Edgewater School
Handball	5-6	October	Dorset School
Cross Country Run	4-5-6 1-2-3	October May	Morgan Arboretum Dorset School
Volleyball	5-6	January	John Abbott College
Cross Country Skiing	TBD	TBD	TBD
Basketball	5-6	April	Evergreen
Track and Field	4-5-6	June	Riverdale H.S.

