



ST. PATRICK ELEMENTARY SCHOOL



PHYSICAL EDUCATION AND HEALTH & OUTDOOR EDUCATION PROGRAM

2018-2019

P.E. Teachers - Ms. Rose, Ms. Chelsea & Ms. Grégoire

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:

- 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) Performs movement skills in different physical activity settings.
- 2) Interacts with others in different physical activity settings.
- 3) Adopts 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	Cup stacking

Cycle II & Cycle III

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

**activities may vary depending on circumstances*

LBPSB Tournaments

This year we will be participating in several LBPSB tournaments. Students participate voluntarily and practices are held during lunch hours. 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	6	September	Edgewater School
Handball	6	October	Dorset School
Cross Country Run	4-5-6 1-2-3	October May	Morgan Arboretum Dorset School
Volleyball	6	January	John Abbott College
Cross Country Skiing	5-6	February	TBD
Basketball	6	April	TBD
Track and Field	4-5-6	June	Riverdale H. S.

