

Phys. Ed. Term 1 Outline

Grade 2-8

In term one physical education, students will focus on activities and games to promote and develop movement skills and concepts as well as encourage independence and group teamwork.

The fundamental movement skills will relate to stability, locomotion, and manipulation. Students will take part in organized games and sports to develop and increase their body awareness, spatial awareness, movement direction(e.g., forward, backwards, sideways, diagonal, up, down, left, right), level (e.g., high, medium, low), pathway (e.g., zigzag, straight, curved, wavy), plane (e.g., frontal, horizontal, vertical, sagittal) and extensions (e.g., near, far).

In term one, students will be participating in many kinds of group organized games including unique games played around the world. Students will also develop soccer, cross country, ultimate frisbee and european handball skills.

Grade JK-Gr 1

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In term one, students will participate in active games and activities to promote the fundamental movement skills. Students will also be introduced to basic rules and concepts in soccer, handball and sport running.

Phys. Ed. Term 2 Outline

Grades 2-8

In term two physical education, students will further develop movement skills through the participation in a variety of games and sports. Students will continue to use leadership and teamwork skills developed in first term to complete and take part in term two physical education activities.

Students will continue to use the fundamental movement skills identified in term one to take part in organized games and sports. Students will develop volleyball, track and field, basketball, ball hockey, badminton and softball skills.

JK-GR.1

In term two physical education, students will continue to promote and develop movement skills through the participation in co-operative and active games.

Students will continue to use the fundamental movements skills developed in term one to take part in games and sports which will further develop their body awareness and kinesthetic ability.

In term two, students will participate in sport related games and activities involving volleyball, track and field, ball hockey and European handball skills and knowledge.