



Please remember to send a change of clothes for students in grades 4-6 and remind your children to wash them regularly.

**We encourage everyone to play at their own level, and enjoy all activities in the gym!**

*Please do not hesitate to call, email, or contact me on SeeSaw if you have any questions about the Physical Education program at Prairie Rose Elementary School.*



Participating in physical activities teaches students to be active for life.

Playing sports together will help students develop lasting friendships.

I expect all students to participate to the best of their abilities!



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**Welcome!**

**To Physical Education**

**At Prairie Rose Elementary School**

## **What Students Will Learn**

### **Grades 1-2**

Students in grade 1-2 will learn fundamental movement skills. The students will play games and participate in activities that help develop transport skills as well as their manipulation skills.

Students will learn the importance of physical activity and nutrition to create healthy bodies. During every game and activity we will talk about the safety of ourselves and others. I expect the students to try their best and have fun every class!

### **Grade 3-6**

Students in grades 3-6 will continue to learn and develop their fundamental movement skills, as well as understand their biomechanics behind the movements. Students will learn the importance of physical activity and nutrition to create healthy bodies. We will discuss the importance of a warm up and cool down before exercise and the physiology behind it. During every game and activity we will talk about the safety of ourselves and others. I expect the students to try their best and have fun every class!



## **Assessment**

Students will be assessed in accordance with the Manitoba Physical Education curriculum. The curriculum is organized into 5 categories.

### **Movement**

Movement skills include transport skills, manipulation skills and balance.

- Transport: running, skipping, galloping etc.
- Manipulation: rolling, throwing, catching, kicking etc.
- Balance: static and dynamic

### **Fitness Management**

- Fitness Components
- Fitness Benefits
- Fitness Development

### **Safety**

- Physical Activity Risk Management
- Safety of Self and Others

## **Personal/Social Management**

- Personal Development
- Social Development
- Mental-Emotional Development
- Acquisition of personal and social management skills related to physical activity and healthy lifestyle practices

### **Healthy Lifestyle Practices**

- Personal Health Practices
- Active Living
- Nutrition

### **Respect**

When we are in the gym we must show respect to our classmates and the equipment.

**KEEP IT A GAME!**

