



Weston School

1410 Logan Ave, Winnipeg, MB
Phone: 204-775-2591

Principal: Lisa Richardson

Mr. Shannon
Physical Education
Year at a Glance Calendar 2022-2023

Activity	Skill Focus	Grades	Dates
Outdoor games	Fair play & cooperation	K-6	September
Soccer	Fair Play & Participation	2-6	September
Team building activities	Fair Play & Participation	K-6	September
Track and Field/ Relays	Fitness management	K-6	September
Badminton	Racquet skills (backhand, forehand, serving)	3-6	October
Striking	Explore basic movement skills (striking with implement)	K-2	October
Volleyball	Demonstrate functional movement skills (Bumping & Volleying)	3-6	October
Throwing & Catching	Explore basic manipulation skills (Underhand, overhand throwing, absorption of force)	K-2	October
LOG net/wall games	Review of manipulation skills & strategizing/ teamwork	K-6	November
Soccer	Show an understanding of fundamental rules used in individual or team games	K-6	November
Soccer baseball	Kicking technique & fair play	3-6	December
Kicking/ LOG invasion games	Explore basic manipulation skills (kicking)	K-2	December
Dodgeball	Fair play & participation	3-6	December
Tag games	Transport skills & space awareness	K-2	December
Floor Hockey	Fair Play & striking	3-6	January
Scooter floor Hockey	Fair Play & Participation	K-3	January
Fitness	Fitness Management- predicting HR	K-6	January

Ultimate Frisbee	Manipulation skills	4-6	February
Basketball	Bouncing, passing shooting	K-6	February
Yoga and Dance Games	Rhythmic and movement skills	K-6	March
Soccer/soccer baseball	Rules in team games 4-6 Offensive/defensive	K-6	April
Gymnastics	Basic movement skills	K-6	April
LOGS	Cooperation and fun	K-6	May
Baseball	Explore basic movement & manipulation skills	K-6	June

My name is Mr. Shannon, and I'll be your child's physical education teacher for the upcoming school year! I am looking forward to getting to know you all and guiding your child through a successful year at Weston School. First, allow me to share a little about myself. Teaching is my life's passion, and I have been working for Winnipeg School Division for 11 years. This is my first year working at Weston School, and I've previously worked at Sir William Osler, Grant Park High School and Lord Selkirk School. I love living an active lifestyle, any chance I get I try to spend my time outside!

My years of experience as a teacher has helped me form a teaching philosophy that guides how I help my students succeed in the classroom and beyond. I truly believe that their success begins with making them comfortable in our learning environment, so I start our school year with plenty of team building activities so everyone can get to know one another.

I strive to create a space for students to explore their own learning styles, then I'm there to help develop their interests and guide their absorption of the material. I encourage all of my students to ask questions, take risks and overcome the fear of making mistakes as this is part of the learning process.

Thank you so much for taking the time to read this letter of introduction. Please reach out if you have any questions or concerns. My email is d.shannon@wsd1.org

