

## Areas of Learning

### **Movement**

Adaptation and application of basic movement skills to specific activities.

### **Personal/social management**

Acquisition and application of personal management strategies as they relate to conflict resolution, goal setting, problem solving and decision making.

### **Safety**

Demonstrating and/or describing safe behaviors as they relate to physical activity, the climate, and social relationships.

### **Healthy lifestyle practices**

Information related to addictive substances, food, fitness, relationships, intended to assist in making informed decisions.

### **Fitness management**

Concepts of physical fitness including exercise techniques, program planning, and assessment.



## **Contact**

Nick Lewis

- [nlewis@wsd1.org](mailto:nlewis@wsd1.org)
- (204) 786 - 7424

Todd Campbell

- [tcampbell@wsd1.org](mailto:tcampbell@wsd1.org)
- (204) 786 - 7424

# General Wolfe School Physical Education



The goal of this course is to help kids develop a broad understanding of various topics related to physical health and physical activity, which will allow them to make educated decisions and participate socially in physical activity with confidence.

# Goals of Program

In our programming, we aim to:

## 1. Build physical literacy.



## 2. Help students find a physical pursuit.



## 3. Promote healthy habits.



## 4. Maintain safety during activity.



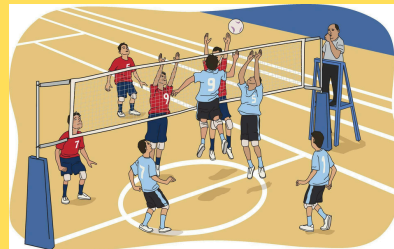
# Teaching Models We Use

In our classes you can expect to see us using:

## A. Teaching games for understanding.



## b. Cooperative learning.



## C. Fitness education model.



# Assessment and extracurriculars

## Assessment

Learners will be able to demonstrate their knowledge in 3 ways.

- demonstration (physed)
- verbal explanations (health/Physed)
- course work (health)

## Extracurricular opportunities

General Wolfe is proud to offer extracurricular opportunities for kids to compete in divisional sports leagues in the following sports: volleyball, basketball, soccer, badminton, and cross country.



Beyond the sports leagues General Wolfe will be offering daily intramurals. Intramurals will be played at lunch time and will include activities such as dodgeball, floor hockey, and flag football, as well as league sports (volleyball, basketball, badminton, and soccer).

