

Physical Education Year Plan 2023-2024



September and October:

Grade 1-3 -playground/personal safety, cooperative games, soccer, “Fundamental Movement Skills Assessments” (FMSA)

Grade 4-6 - soccer, “Fundamental Movement Skills Assessments” (FMSA), low organized games

November:

Grade 1-3 -low organized games, throwing/catching and station activities

Grade 4-6 -low organized games, volleyball (Circulation Ball & Triple Ball)

December: All students will participate in our “Dancing in December” unit.

January:

Grade 1-6 -Fitness related activities/games for all grades

February:

Grade 1-3 - paddle/scooter play and indoor/outdoor winter activities

Grade 4-6 -badminton and indoor/outdoor winter activities

March:

Grade 1-3 -ball play, low organized games and fitness assessments

Grade 4-6 -basketball, low organized games, fitness assessments

April:

Grade 1-3 Gymnastics/“Stuntnastics”, stick handling/floor hockey

Grade 4-6 Gymnastics/“Stuntnastics” & floor hockey

May:

Grade 1-3 -disc throwing/catching, parachute activities, low organized games

-“Fundamental Movement Skills Assessments” (FMSA)

Grade 4-6 - Handball, Football, Ultimate and “Fundamental Movement Skills Assessments”

June: All grades will participate in a unit of “Summer Games” and Indigenous games/activities