

# K–7 Physical Education Course Outline

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## **Course Overview**

Physical Education (PE) in Kindergarten to Grade 7 provides students with opportunities to develop movement skills, positive attitudes, and healthy lifestyle habits. Students will participate in a variety of activities that promote fitness, inclusion, cooperation, and personal growth while ensuring safety.

The program emphasizes movement, skill development, personal and social responsibility, and the enjoyment of physical activity both individually and in groups.

## **Learning Outcomes**

### **Movement & Skills**

- Develop fundamental movement skills: running, jumping, hopping, skipping, galloping, balancing, rolling, throwing, catching, kicking, and striking
- Apply these skills in individual and team games, dance, gymnastics, and outdoor activities
- Progress from simple movement patterns in early grades to more complex sequences and sport-specific skills in upper grades

### **Fitness & Well-being**

- Participate regularly in activities that develop cardiovascular endurance, muscular strength, flexibility, and coordination
- Learn to set personal fitness goals and track progress (grades 3-6)
- Understand the connection between physical activity, health, and overall well-being

### **Attitudes, Choice & Inclusion**

- Explore a variety of physical activities and develop confidence in making personal choices for lifelong fitness
- Promote inclusion by adapting games and ensuring all students participate fully and meaningfully
- Encourage persistence, effort, and a positive attitude regardless of skill level

## **Safety**

- Demonstrate safe practices when using equipment, space, and during physical activity
- Understand the importance of warm-up, cool-down, hydration, and injury prevention
- Respect personal limits and the limits of others

## **Personal & Social Management**

- Develop self-control, resilience, and responsibility for one's actions in individual and group settings
- Recognize and respect differences in ability, culture, and interests
- Apply strategies for stress management and mindfulness

## **Teamwork & Sportsmanship**

- Work cooperatively with others, respecting rules and roles in group activities
- Demonstrate fair play, respect, encouragement, and conflict-resolution skills

Value both competition and participation as opportunities for growth and learning

## **Program Components**

- Individual Games & Activities: Running games, skipping, gymnastics, dance, yoga, fitness circuits
- Team Games & Sports: Soccer, basketball, volleyball, floor hockey, handball, cooperative challenges, and Indigenous games
- Skill Development: Progression from basic loco-motor and manipulative skills (K–2) to more refined sport-specific skills and strategies (Grades 3–6).
- Fitness Activities: Daily movement, active warm-ups, circuit training, and seasonal outdoor activities
- Personal & Social Learning: Reflection activities, group challenges, mindfulness practices, and goal-setting

## **Assessment**

- Observation & Checklists: Demonstration of movement skills, participation, effort, and safe practices
- Self & Peer Assessment: Reflection on personal goals, teamwork, and sportsmanship
- Skill Demonstration: Application of movement skills in games and activities
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### **Contact me**

- You can reach me at [cvanlieshout@wsd1.org](mailto:cvanlieshout@wsd1.org)
- My work hours will be from 8:00 to 3:30pm. Emails or messages outside of these hours will be responded to the following day. I will make every effort to respond to emails and messages within 48 hours. If there is something urgent, please call the office and I will return your call the same day.