Physical Education — Kindergarten to Grade 6

Teacher: Mr. Law

Our Physical Education Philosophy

At Champlain School, we are committed to fostering physical literacy and promoting healthy, active lifestyles that last a lifetime. Our goal is for students to have fun, play fairly, and explore a wide range of physical activities.

We encourage every student to come to Physical Education with a positive mindset, give their best effort, and embrace new challenges. By creating positive experiences with physical activity, we aim to help students develop a lifelong enjoyment of being active both inside and outside the classroom.

1. Expectations

At the beginning of the school year, students work together to develop and review our Physical Education rules and expectations. During their first class, we discuss what it means to be a safe, respectful, and active member of our PE community.

Students are expected to:

- Give their best effort.
- Follow instructions and participate positively.
- Show respect for teachers and classmates.
- Take care of equipment and our learning spaces.
- Have fun and be willing to try new activities.

Please check your child's timetable for their Physical Education days and ensure they come prepared with appropriate clothing and footwear. We also recommend that each student keep a pair of running shoes at school for regular use.

2. Physical Education Rules

Safety

- Come prepared with appropriate clothing and footwear.
- Ask permission before leaving the playing area, including for the bathroom or if feeling unwell.
- Do not enter the equipment room without permission.
- Play under control and avoid unsafe or reckless behaviour.

- If someone gets hurt, check on them, apologize if appropriate, and notify Mr. Law right away.

Respect

Teachers

- Listen attentively during instructions.
- Follow directions and participate appropriately.

Classmates

- Be kind, supportive, inclusive, and cooperative.
- Encourage others and play fairly.

Equipment

- Use equipment safely and responsibly.
- Return equipment to its proper location at the end of class.

3. Year-at-a-Glance

The following activities and skills are examples of what students may experience during the 2026–27 school year. Activities are adapted to meet the developmental needs and abilities of each grade level.

- Space awareness and moving safely in the gym
- Movement and transport skills
- Body awareness
- Tag and dodgeball games
- Throwing and catching
- Low-organized games
- Scoops and balls
- Multicultural games
- Rolling
- Soccer skills
- Dance
- Outdoor activities
- Fitness activities
- Hoop activities
- Basketball and volleyball skills
- Jumping rope
- Fundamental Movement Skills (FMS/EAP) assessment
- Team-building and cooperative games

4. Assessment in Physical Education

Physical Education assessment focuses on student growth, participation, skill development, effort, and positive interactions with others. Students are given opportunities to reflect on their learning and set personal goals throughout the year.

Student Self-Assessment

Students use age-appropriate rubrics to reflect on their own progress. Areas of focus may include:

- Warm-up
- Participation
- Listening
- Behaviour
- Effort

Teacher Observation

Teacher observation is used to assess:

- Cooperation and fair play
- Positive interactions with others
- Skill development and application
- Effort and engagement
- Participation and personal growth

Fundamental Movement Skills Assessment

The Winnipeg School Division Physical Education program utilizes a Fundamental Movement Skills assessment model. Assessments are completed at the beginning of the year and periodically throughout the year to monitor student growth.

Kindergarten and Grade 1 EAP assessments focus on transport skills, while Grades 2–6 include both transport and manipulation skills.

Fitness Tracking and Goal Setting

Students participate in periodic fitness activities and assessments to help track personal progress and establish individual goals. These activities provide students and educators with information about current abilities and opportunities for continued growth.

5. Intramurals

Throughout the school year, students have opportunities to participate in a variety of intramurals and clubs. These activities are designed to encourage participation, teamwork, skill development, and enjoyment of physical activity in a fun and inclusive environment.

Tentative Intramural Schedule — 2026–27

Month	Activities
September	Running Club, Soccer
October	Volleyball Club
November	Volleyball (Extended)
December	Basketball Club
January	Basketball (Extended)
February	Cup Stackers, Gymnastics Club
March	Soccer Club, Cultural Games
April	Yoga/Fitness Club, Running Club
May	Ultimate Frisbee Club, Ultimate Football Club
June	Additional activities to be announced

Intramural activities and schedules are tentative and may change throughout the school year based on student interest, school scheduling, and available spaces.

Our Goal

Our goal is to help every student develop the skills, confidence, and positive attitude needed to enjoy physical activity throughout their lives. We want students to leave Physical Education knowing that being active is about more than sports—it is about having fun, challenging yourself, working with others, and discovering activities that you enjoy.