

# Lord Roberts School

## Physical Education Grades N/K -6

The Physical Education program at Lord Roberts School is designed to provide students with balanced programming to develop knowledge, skills, and attitudes for physically active and healthy lifestyles. Students will participate in 30 minute classes daily while students in N/K will have a class once a cycle

In order to provide balanced programming students will receive instruction in the following five physical activity categories:

- 1) Individual/Dual Sports/Games
- 2) Team/Group Sports/Games
- 3) Alternative Pursuits
- 4) Gymnastic Activities
- 5) Fitness Activities

The curriculum content is organized within the following five general learning outcomes:

- 1) Movement
- 2) Fitness Management
- 3) Safety
- 4) Personal and Social Management
- 5) Healthy lifestyles (Taught by the homeroom teacher)

Each of the activities within a unit will cover several outcomes, however each class will target three to four specific outcomes within the curriculum.

### **Assessment**

Assessment will be ongoing to move learning forward. Students will be encouraged to be self-reflective and to set goals for themselves. Culminating activities at the end of each unit will provide students with the opportunity to demonstrate the knowledge and skills learned throughout the unit of focus. Students in grade 4-6 will be participating in fitness assessments three times a year. Students will be tracking their progress and setting goals for each assessment.

### **Class Expectations**

All Students are not required to change this school year but do require clean, indoor running shoes. Students are asked to remove jewellery before coming to class for safety reasons. When the weather is warm students often wear sandals to school. Please ensure your child has appropriate footwear to change into.

It is expected that students respect the facility. Students must take care of the equipment and the gym while they attend class.

### **Intramurals/ Clubs**

Intramurals will be offered for students in grades four through six starting in October through spring break. Permission slips will be sent home indicating the exact dates of intramurals. Students are expected to bring a bagged lunch that day. There will also be a running club and a skipping club which will begin after spring break. The skipping club is for students in grades 2&3 while the running club is for students in grades 4-6. Students will need to be prepared to run outside. Speed skating club for grade 5 and 6 students will begin in late January. Students will be preparing for the WSD speed skating races in February or March.

### **Recess Leaders**

All students in grade 6 have the opportunity to be a recess leader. Recess leaders are responsible for facilitating equipment use, and supporting students with their activities. Throughout the year they will provide equipment for the students in the school. They will also organize and monitor games and assist with running our field day in June. I look forward to an incredible year in the gym at Lord Roberts School. If you have any questions or concerns please feel free to contact me at the school.

Mr. S. Gretchen