



## École Luxton School Physical Education Program

### **Philosophy:**

Students will have opportunities to become more active through play by using different strategies and techniques when practicing skills and playing games. They will learn how to move safely on their own and with others. They will be expected to treat each other with a positive mindset.

### **Year Overview:**

With safe practices in mind, students will learn how to strengthen and move their bodies through games and activities that support a healthy and active lifestyle. In Physical Education, these are called *movement and fitness skills*. We will practice mindfulness techniques, form body awareness, learn problem-solving skills, and participate in team-building activities.

### **Assessment:**

Students will be assessed through self-reflection and teacher observation. Students can use various skills to show their understanding and growth of the different topics in the year, such as Cross-Country Skiing, Snowshoeing, Basketball, volleyball, and Soccer.

### **Rules and Expectations:**

We expect students to respect themselves, each other, the equipment, and the school. This respect forms a safe environment where students can take risks and build confidence when learning and practicing different skills. With many classes outdoors, students are encouraged to dress appropriately for the weather throughout the school year.

Mr. W. Kay  
Physical Education Teacher

