Physical Education Program

**YEAR PLAN FOR Grades 7-12**

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| **Month** | **September** | **October** | **November** | **December** | **January** |
| **Dimension** | Games | Individual Activities | Games | Games | Individual Activities |
| Individual Activities | Games | Alternative Environment | Dance | Games |
| **Unit/Activity Choices** | Low Organized Games (Including expectations, routines…) **1-12th** | Fitness Friday:  **21st** | Fitness Friday:  **18th** | Fitness Friday:  **9th** | Fitness Friday:  **20th** |
| Fitness Friday:  **23rd** |
| TDfU/DANCEPL3Y:  **2-4th & 8-10th** |  |
| Teambuilding & Wide Space Games:  **15-26th** | Seated Volleyball/Blind Volleyball: **Sept.** **29th-Oct. 10th** | Indoor Net/Wall Activities (Badminton/Pickle Ball): **3-10th** | Basketball (3 on 3, hoop games, mini-tournament): **13-18th** | Yoga:**19-28th** |
| Target Games (Indoor Bocce/Bowling/Curling): **5-14th** |
| Halloween Activities at Elementary School (Student Leadership): **31st** | Swimming: **17-20th** |
| **General Outcomes** | A - Activity  C - Cooperation  D - Do It Daily… For Life! | 1. Activity 2. Benefits Health 3. Cooperation 4. Do It Daily… For Life! | A - Activity  C - Cooperation  D - Do It Daily… For Life! | A - Activity  C - Cooperation  D - Do It Daily… For Life! | A - Activity  B - Benefits Health  D - Do It Daily… For Life! |
| **Focused**  **Fundamental Movement Skills** | Various Locomotor & Non-Locomotor Skills, Striking | Throwing, Catching, Striking, Various Locomotor & Non-Locomotor Skills | Striking, Throwing, Non-Locomotor & Locomotor Skills, Swimming | Various Non-Locomotor & Locomotor Skills | Various Non-Locomotor & Locomotor Skills, Rolling, Catching, Throwing |
| **Physical Literacy Environment(s)** | Land | Land | Land  Water | Land | Land |
| **Resources/ Community Partners** | EAS RCLP Games Unit  www.everactive.org | CIRA Relay Activities | EAS RCLP  www.playsport.net | DANCEPL3Y Instructor  www.playeducator.com | www.playsport.net |

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| **Month** | **February** | **March** | **April** | **May** | **June** |
| **Dimension** | Individual Activities | Individual Activities | Individual Activities | Individual Activities | Games |
| Gymnastics | Games | Alternative Environments |
| Games | Games | Alternate Environments/Games | Alternative Environments |
| **Unit/Activity Choices** | Fitness Friday: **17th** | Fitness Friday: **24th** | Fitness Friday: **21st** | Fitness Friday: **19th** | Fitness Friday: **23rd** |
| Leisure/Rec Unit (lawn bowling/bocce/disc golf/mini-golf): **4-15th** |
| Invasion/Territorial Games (Survivor, Capture the Flag, Ultimate Frisbee)  **6-13th** |
| Wheelchair Basketball: **4-11th** | Canoeing/Kayaking: **11-14th** |
| Olympics: **2nd- 11th** | Landings**/**Balances/ Supports/Rolls/Rotations/Jumps/Mission Impossible: **16-25th** | Outdoor Invasion/Territorial Games (Lacrosse, Flag Football): **18-29th** | Outdoor Net/Wall Games (Tennis/Sepak Takraw/Futsal): **May** **20-June 3rd** | Slow Pitch Tournament: **14th – 20th** |
| Hockey/Broomball/ Curling: **16-25th** |
| **General Outcomes** | 1. Activity 2. Benefits Health 3. Cooperation 4. Do It Daily… For Life! | A - Activity  C - Cooperation  D - Do It Daily… For Life! | B - Benefits Health  D - Do It Daily… For Life! | A - Activity  C - Cooperation  D - Do It Daily… For Life! | A - Activity  C - Cooperation |
| **Fundamental Movement Skills** | Various Locomotor Skills, Striking, Catching, Throwing, Jumping, Skating | Kicking, Various Non-Locomotor & Locomotor Skills | Various Non-Locomotor & Locomotor Skills, Striking, Throwing, Rolling | Striking, Various Non-Locomotor & Locomotor Skills, Paddling | Various Non-Locomotor & Locomotor Skills, Throwing, Catching |
| **Physical Literacy Environment(s)** | Land  Ice  Snow | Land  Air | Land | Land  Water | Land |
| **Resources/ Community Partners** | [www.pecentral.org](http://www.pecentral.org) | EAS RCLP Gymnastics Units www.everactive.org | PHE Beyond the Fundamentals Resource | Canoe & Kayak Centre | www.peuniverse.com |