Physical Education Program

**YEAR PLAN FOR Kindergarten – Grade 6**

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| **Month** | **September** | **October** | **November** | **December** | **January** |
| **Dimension** | Games | Individual Activities | Games | Individual Activities | Individual Activities |
| Games | Alternative Environment |
| Individual Activities | Alternative Environment | Dance | Games |
| **Unit/Activity Choices** | Basic Skills (Expectations, Mov’t Activities, Tag Games, Relays): **1-12th** | Movement Monday:  **21st** | Movement Monday:  **18th** | Movement Monday:  **9th** | Movement Monday:  **20th** |
| Movement Monday:  **23rd** | Parachute Games: **20-24th** |
| Terry Fox Run **17th** |
| Cooperative Games:  **15-26th** | Outdoor Activities: Playground/Wide Space Games: **Sept.** **29th-Oct. 3rd**  Hoops & Hoopla: **6-10th** | Scooter Games **3-5th** | DANCEPL3Y Unit: **2-4th & 8-10th** | Yoga/Gymnic Balls:  **5-10th** |
| Swimming: **13-17th** |
| Sports Week: **10-12th** | Sending and Receiving Activities (Rolling, Underhand & Overhand Tossing Using Small Manipulatives/Stations): **19-24th** |
| Formula 1 Week: **27-30th**  Halloween Activities: **31st** | Scoopball/Net/Wall/ Racquet-Type Activities/Stations:  **17-26th** |
| **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, Various Locomotor & Non-Locomotor Skills | Striking, Kicking, Throwing, Rolling, Balancing, Jumping, Locomotor Skills | Various Non-Locomotor & Locomotor Skills | Various Non-Locomotor Skills, Rolling, Catching, Bouncing/Dribbling, Throwing, Swimming |
| **Physical Literacy Environment(s)** | Land | Land | Land | Land | Land  Water |
| **Resources/ Community Partners** | EAS RCLP Games Unit  CIRA Relay Activities  Ready to Use P.E. Activities for K-2, 3-4, 5-6 | Ready to Use P.E. Activities for K-2, 3-4,5-6  CIRA Hoops & Hoopla | EAS RCLP (Scooter unit)  Move & Play Through PL | Dance PL3Y Instructor  YouTube Videos  Pinterest Ideas | PHE Canada Active Start and Fundamentals  Local Rec Centre |

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| **Month** | **February** | **March** | **April** | **May** | **June** |
| **Dimension** | Individual Activities | Individual Activities | Individual Activities | Individual Activities | Games |
| Alternate Environments | Games |
| Games | Games | Gymnastics | Alternative Environments |
| Gymnastics Cont’d… |
| **Unit/Activity Choices** | Movement Monday: **17th** | Movement Monday: **24th** | Movement Monday: **21st** | Movement Monday: **19th** | Movement Monday: **23rd** |
| Kickball/Mini-Soccer Activities: **13-17th** |
| Balloon Play: **2-3rd** | Mission Impossible: **5-8th** | Cooperative Games/Parachute Games:  **8-15th** |
| Scooter Hockey/Mini-Hockey: **4-11th** | Catching/Throwing/ Striking/T-Ball: **11-16th** |
| Winter Olympic Stations: **10-11th** | Skating: **16-25th** | Landings**/**Challenge Your Balance Stations/ Supports/Rolls/Rotations/Jumps: **20-30th** | Athletics/Run, Jump, Throw: **19-24th** | Positive Playground Activities: **17-26th** |
| Target Games (Throwing, Rolling, Bowling Activities/Stations): **16-25th** | St. Patrick’s Day Activities: **17th** |
| Terry Fox Run: **20th** |
| **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** | Walking, Running, Striking, Catching, Throwing, Jumping | Striking, Various Locomotor Skills, Skating | Various Non-Locomotor & Locomotor Skills, Striking, Throwing, Rolling | Kicking, Trapping, Various Non-Locomotor & Locomotor Skills | Dodging, Various Locomotor Skills, Throwing, Catching, Skating |
| **Physical Literacy Environment(s)** | Land | Land  Ice | Land  Air | Air  Land | Land  Ice |
| **Resources/ Community Partners** | [www.pecentral.org](http://www.pecentral.org)  www.playsport.net | EAS RCLP DPA Unit  Local Rec Centre or Outdoor Rink | EAS RCLP Gymnastics Units | Run, Jump, Throw Resource (Athletics AB.) | Positive Playgrounds Manual |