



# P.E. March Newsletter

## **Rallying Through March**

It is time to get our racquets ready, for this month we will be playing badminton. Did you know that badminton not only increases hand-eye coordination, but also improves flexibility, endurance and muscle strength? As well, this type of cardiovascular workout burns approximately 450 calories per hour! Students will learn the rules of the game and practice serving and rallying techniques this month.

### **Grade 3 Curriculum Outcomes**

SCO 1.3 - Combine a variety of fundamental locomotor and manipulative skills.

SCO 2.1 - Extend existing tactics that can be used in a variety of games and activities.

SCO 3.1 - Apply emotional and social skills to the learning and performance of physical activity.

### **Grade 4 Curriculum Outcomes**

SCO 1.3 - Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.

SCO 2.1 - Integrate tactics in a variety of games and activities.

SCO 3.1 - Select emotional and social skills that apply to the learning and performance of physical activity.

### **Grade 5 Curriculum Outcomes**

SCO 1.3 - Apply combinations of fundamental locomotor skills and manipulative skills to more complex movement contexts.

SCO 2.1 - Select appropriate tactics in a variety of games and activities.

SCO 3.1 - Model emotional and social skills that apply to the learning and performance of physical activity.

## **New Equipment**

Thank you Atlantic Roofers for donating the replacement netting for two basketball nets and the Home and School for the new jumbo stacking cups. This new equipment is already being enjoyed by many students and much appreciated.

## **Intramurals**

Grade three ball hockey intramurals have been a huge success so far. The grade five coaches, goal referees and volunteers are a tremendous help in the delivery of this program and are doing an excellent job demonstrating fair play and good sportsmanship. I couldn't have done it without them. Grade four ball hockey intramurals will begin later this month.