



P.E. Newsletter



Rolling into March

Para New Brunswick are generously providing our PE program with 12 multi-sport wheelchairs this month. Students will practice their movement skills and strategies while playing some of our favourite games and activities in wheelchairs. This memorable unit will create an atmosphere of awareness and inclusion. Thank you Para NB for this opportunity.

“I Can Statements” for March and April

Grade 2:

- I can hit an object with my hand.
- I can hit an object with one hand on a paddle.
- I can manipulate (push/pull/carry) different objects.
- I can find ways to score a point.
- I can regulate my emotions when trying new activities or challenges.
- I can show persistence when learning a new skill.

Grade 3:

- I can combine a variety of fundamental locomotor and manipulation skills (shuffle and catch).
- I can vary the direction of my shots.
- I can use appropriate emotional reactions when trying new activities or challenges.
- I can be persistent when learning a new skill.
- I can name some muscles used in certain movement.

Grade 4:

- I can experiment with activity specific equipment (focus on net and wall games).
- I can connect together two skills in a variety of activity specific contexts (net and wall games).
- I can return to a ready position.
- I can vary the direction of my shots.
- I can choose appropriate emotional reactions when trying new activities and challenges.
- I can be persistent when learning a new skill.

Grade 5:

- I can use appropriate skills with activity specific equipment (focus on net and wall games).
- I can use a combination of skills in a variety of activity specific contexts fluidly (net and wall games).
- I can place an object into open space.
- I can respond appropriately to the emotional reactions of others during activities or challenges.

Rallying Time

It is time to get our racquets ready, for this month we will also 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.

Heart Healthy Schools Initiative

“Heart Healthy Schools is an initiative of the Heart and Stroke Foundation of New Brunswick aimed at improving the school environment to support and promote healthy lifestyle choices, for children and youth (Heart & Stroke Foundation).” HES is excited to become a Heart Healthy School. Over the next 4 months, we will be completing 4 monthly challenges that support and promote the 5-2-1-0 message. Our first challenge is to eat 5 servings of fruits and vegetables each day! Mrs. Henry will have calendars available for students that would like to track their daily intake for the month of March.

Intramurals – Let’s Dance

To celebrate the Dancing with the Teachers event that is occurring on March 20th, there will be dance intramurals this month. Grade levels will be invited to come to the gym at lunch recess to follow along with Just Dance videos. Please listen to the morning announcements for your opportunity to join in on the dancing fun!