



Mrs. Henry

# P.E. News

October, 2019



## Cross Country

There are 3 cross country meets coming up this month. The October 9<sup>th</sup> and 16<sup>th</sup> meets will be held on our home field and the large districtwide meet hosted by the Saint John Track Club is on October 2<sup>nd</sup>. Our team has been very successful this far in the season. GO HAWKS GO!

## Terry Fox Update

Students raised a grand total of \$921.19 for the Terry Fox Foundation! Amazing job Hawks for going above and beyond our goal. I couldn't be prouder of all our students, their generosity is inspiring. Thank you!

## What's Happening in the Gym?



It is time to kick our Physical Education classes into full gear. This month students will be learning the fundamental skills needed to play a game of soccer.

Students will practice and refine their soccer skills through obstacle courses, drills, stations, scrimmages and games. We will also continue to play other low organized P.E. games to practice locomotor skills, tagging and fleeing tactics, and monitor our fitness and heart rates.



## Take Me Outside

Students will be participating in Take Me Outside Day as part of our P.E. program this month. We will join over 200,000 students and teachers across Canada on October 23<sup>rd</sup> to help raise awareness about the importance of outdoor education.

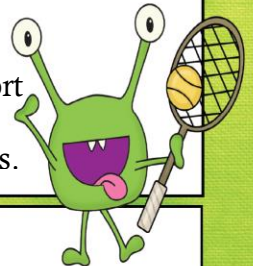


## Intramurals and Sport Leaders

Soccer intramurals will begin this month, starting with grade 2 and grade 3. Intramurals will be held on Tuesdays and Thursdays during lunch recess.

### Attention Grade 5 Students!

Mrs. Henry will be looking for Sport Leaders to help coach, referee and set up for grade 2 and 3 intramurals.



### **Grade 2 Curriculum Outcomes:**

- 1.1 Link movement concepts to various movements.
- 1.3 Refine a variety of fundamental locomotor skills.
- 3.2 Refine knowledge of physical fitness concepts and principles to improve well-being and performance.

### **Grade 3 Curriculum Outcomes:**

- 1.3 Combines a variety of fundamental locomotor and manipulative skills.
- 3.2 Apply physical fitness concepts and principles to improve well-being and performance.

### **Grade 4 Curriculum Outcomes:**

- 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts.
- 3.2 Analyze physical fitness concepts and principles to improve well-being and performance.

### **Grade 5 Curriculum Outcomes:**

- 1.3 Select appropriate fundamental locomotor skills and manipulative skills in more complex movement contexts.
- 3.1 Model emotional and social skills that apply to the learning and performance of physical activity.

