

November

Physical Education Newsletter

What's Happening in the Gym

Target Games

Students will be using dodgeballs, bean bags, frisbees, and even snowballs (white yarn balls) to practice hitting a target this month. We will work on throwing and rolling strategies through a number of low-organized games and stations.



Balance

This month students will also be practicing their balance skills by moving across beams (benches), holding stationary balance poses and by using a variety of balance equipment such as wobble boards, pods, and bosu balls.

Curriculum Outcomes

Grade 2:

- SCO 1.2 Refine a variety of movement principles related to balance skills.
- SCO 1.4 Refine a variety of manipulative skills (focus on targets).
- SCO 2.1 Refine a variety of tactics that can be used in simple games and activities (focus on targets).

Grade 3:

- SCO 1.2 Explore movement principles related to balance on a variety of steady and unsteady objects.
- SCO 1.3 Combine a variety of fundamental locomotor and manipulative skills (focus on targets).
- SCO 2.1 Extend existing tactics that can be used in a variety of games and activities (focus on targets).

Grade 4:

- SCO 1.2 Identify movement principles related to balance on a variety of steady surfaces, unsteady surfaces, and moving objects.
- SCO 1.3 Explore combinations of fundamental locomotor skills and manipulative skills in various movement contexts (focus on targets).
- SCO 2.1 Integrate tactics in a variety of games and activities (focus on targets).

Grade 5:

- SCO 1.2 Apply movement principles related to balance on a variety of steady surfaces, unsteady surfaces and moving objects, as well as, movement sequences.
- 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.

Open Gym

What a tremendous turnout we have been having at Open Gym this year! It is fantastic to see so many students enjoying physical activity first thing in the morning.

Open Gym will continue as follows;

- Grade 5 on Monday
- Grade 4 on Wednesday
- Grade 2 and 3 on Friday

Intramurals

Soccer intramurals will continue for the month of November at lunch recess. Listen for your class on the morning announcements.