



# Physical Education June Newsletter



## Let's Talk Ability

May 30<sup>th</sup> to June 5<sup>th</sup> is Disability Awareness Week. This is a national campaign designed to promote more efficient community access for people with disabilities. Hampton Elementary School will be taking part in a **Walk and Roll Event** to promote this movement.



## Track & Field

The Grade 3's, 4's, and 5's will be participating in a school-based Track & Field Event this month. Students will compete during their PE class time in 100-meter dash, long jump and discus throw. The top students in each grade will receive a ribbon.

We will be taking PE to the field this month to work on our throwing and catching frisbee skills through a variety of games and activities. We will also be testing out our movement skills through obstacle courses and finishing up our soccer baseball unit.

## “I Can Statements” for June

### Grade 2:

- I can move over/under, around/through and alongside equipment of different heights.
- I can move in various ways on and off equipment.
- I can jump off and on different objects.
- I can leap over different objects.
- I can climb one and a half meters off the ground.
- I can hit an object with two hands using a paddle.
- I can pace myself for 2 minutes.

### Grade 3:

- I can run and jump or leap.
- I can run and throw an object overhand.
- I can regularly hit or throw an object into space to get on base.
- I can examine factors that affect participation and activity choices.
- I can move at a slow, medium or fast pace depending on the activity.

### Grade 4:

- I can experiment with activity specific equipment (Focus: Striking/Fielding).
- I can connect together two skills in a variety of activity specific contexts (Focus: Striking/Fielding).
- I can select the right time to stay on base.
- I can relay an object to a teammate to get an opponent out. I can review the number of times that I am active to reach my fitness goals.

### Grade 5:

- I can use appropriate skills with activity specific equipment (Focus: Striking/Fielding).
- I can use a combination of skills in a variety of activity specific contexts fluidly. (Focus: Striking/Fielding).
- I can position myself to receive an object.
- I can display the factors that increase my participation and activity choices.