



Curriculum Outline 2020-2021

Physical Education Specialist ~ Melissa Rogers



PLEASE HAVE YOUR CHILD DRESS TO BE OUTSIDE FOR PE CLASSES.

September	Orientation to rules, personal and general space concepts, physical distancing games	February	Floor hockey skills Cohort games, Snow games
October	Eye-foot coordination, Soccer skills, cooperative games	March	Fitness skills, Jump rope skills, Hand-eye skills
November	Throwing and catching skills, Basketball individual skills and team oriented skills,	April	Dance and movement skills, racquet skills, fitness stations
December	Sport-stacking skills, cooperative games	May	Cooperative games, ultimate kickball, baseball skills
January	Rhythmic movement skills, Types of Gymnastics, Snow games	June	Track and Field events, running, jumping, throwing, Fun in the Sun event day

The emphasis during instruction time is on being active and experiencing success at given tasks. My aim is to promote positive attitudes towards active living from the early years. Each child develops at his/her own rate of physical maturity and ability. Activities are planned to develop and enhance age-appropriate psychomotor development. Participation marks consist of level of participation and effort, attitude, sportsmanship, listening, cooperation with teacher and individuals in small group work. Whole group and personal goal setting skills are taught to encourage children in their own personal pursuit for fitness.



I'm looking forward to a great year in Gym with your child!

PE Curriculum link: <https://education.alberta.ca/media/160191/phys2000.pdf>