

Donwood School Physical Education/Health Program

	K-Grade 3 Content Focus	Grade 4- 6 Content Focus	Movement Skills	Fitness Management & Safety	Assessment Tools	Club and Special Events
September	<ul style="list-style-type: none"> -Simple games -Playground / Gym Safety (routines, cues) -Movement skills, -Space awareness - transport skills -Recess games -Low-organized games,tag/simple dodgeball 	<ul style="list-style-type: none"> L.O.G Soccer unit Student leadership Program ‘Donwood Golden Rules’ -responsible social behaviors 	<ul style="list-style-type: none"> Striking, kicking running rules, strategies Outdoor pursuits decision making skills 	<ul style="list-style-type: none"> Dress / Footwear Fitness Benefits Activity choices Community safety Bus safety Fire drill/ lockdown safety -personal health practices 	<ul style="list-style-type: none"> Observation Conversation Reflection Knowledge Board 	<ul style="list-style-type: none"> Cross Country Running (3-6) Soccer (5-6) Mini Soccer (2-3)) Terry Fox Walk
October	<ul style="list-style-type: none"> Recess games Station work Relay games 4-square Set up- manage own games Simple orienteering Listening games What does a caring gym look like? Fairplay Rules 	<ul style="list-style-type: none"> Themed L.O.G activities strategies (TGFU) R/P/S Unit Tennis ball Games Touch football Soccer grid activities Fairplay Rules 	<ul style="list-style-type: none"> rules, strategies throwing running patterns catching underhand throwing catching striking 	<ul style="list-style-type: none"> Effects of exercise on body Benefits of physical activity and choices Skill terminologies Self assessment Fair Play Fitness testing Document personal fitness goals (5&6) Physical activity safety for specific sports 	<ul style="list-style-type: none"> Observation Conversation Skills Tests Self-assessment Peer-assessment Rules- test Knowledge Healthy lifestyle- Participation in club activities Cardio –Beep Test 	<ul style="list-style-type: none"> Volleyball Club 5-6 Gymnastics skills club 4-6 Divisional cross-Country Run 3-6 (Birds Hill) Gymnastics(1-3)

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November	Volleyball /striking skills Striking a ball/balloon with your hand/other body parts Movement with meaning Active Health Games	Fitness- self assessment Active Health Games volleyball	Rules, strategies Striking, passing Ready position	Physical Activity goal setting /Recording /self Assessment Health Components of fitness Strength/endurance/flexibility/cardio vascular endurance/body composition-all year Connecting skills Skill terminologies Fair Play	Fitness Record Self assessment Setting goals Healthy lifestyle- Participation in club activities Rubrics-skill assessment	Gymnastics cont. Folkdance Club (3-4) Volleyball (5-6) Volleyball Tournament
December	Simple games Movement skills, Space, transport, L.O.G. Speed cupstacking/intro	L.O.G Floor hockey Speed cupstacking Cooperative games	Striking , offence/defence strategies decision making skills manipulation /patterns	Dress / Footwear Fitness Benefits Activity choices Community safety Fire drill/ lockdown safety	Observation Conversation Reflection Knowledge Board	Xmas Gym Team handball (4&5)
January	Recess games Station work Up /down and All Around Gymnastics program	Themed LOG Combatives intro. Broomball Curling	rules, strategies movement concepts balance	Effects of exercise on body Core strength-all years Skill terminologies Peer assessment Fair Play	Observation Conversation Skills Tests Self-assessment Peer-assessment Rubrics	Winter run Club(3-6) Curling intra-murals Club(4-6) Curling Bonspiel Circus Club (4-6) Gymnastic Creative Routine

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February	Gymnastics-benches Mat work Rotations, balances Swings ,locomotions winter fun toboggan/broomball	Curling Winter Activities Tobogganing/broomball Active Health games Multi-Cultural games	Rules, strategies Movement concepts	Physical Activity goal setting Recording assessment Components of fitness Connecting skills Skill terminologies	Fitness Record Self assessment Setting goals Healthy lifestyle- Participation in club activities	Gymnastics skills cont. & Warm-up routine (4-6) Curling (4-6) Circus Club cont. Winter Run club cont.
March	Racquet sports- Badminton/ tennis Easter Theme games Cardio games big heart/little heart games	L.O.G Winter Games Badminton Easter Themed Games	Striking, transport skill, cardio games	Fitness Benefits Activity choices Community safety Fire drill/ lockdown safety	Observation Conversation Reflection Knowledge Board	Tumbling Rally/Gymnastics Show
April	Recess games Station work Basketball lead-up games/skill dev. Creative movement	Themed L.O.G Juggling Unit Basketball Badminton/tennis	rules, strategies throwing running patterns catching effort in movement soft/hard high/low	Effects of exercise on body Skill terminologies Peer assessment Do's and Don'ts of stretching	Observation Conversation Skills Tests Self-assessment Peer-assessment Rubrics	Basketball Club (5- 6) Hop-A-Thon Gr.K-3 Juggling club Gr.5&6 Badminton club(5&6)

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May	Folkdance intro-cricket batting/fielding Field Day Activities	Fitness Testing Active Health Games Track and Field unit Field Day activities Intro. to Floor Hockey Cricket Unit	Rules, strategies Striking, passing Ready position Positional sense Balance ,reaction time, coordination, agility	Physical Activity goal setting / Recording / assessment Components of fitness Health related and skills related Fitness Components	Fitness Record Self assessment Setting goals Healthy lifestyle- Participation in club activities	Folk Dance Festival k-3 Cricket Club (4-5) Cricket Tournament (every second year) Track and Field meet Gr.5&6 Basketball Tournament (5&6)
June	T-ball unit fielding striking games (Kanga ball) L.O.G. Health games	Cricket Unit cont. Baseball Unit L/O.G.	Striking/catching /throwing Fielding All basic movement skills	Summer activity safety –sunscreen -Hat -Dehydration -Bike safety -Stretching for overhand throw -Water safety	Observation Conversation Reflection	Baseball (5-6) Soccer (5-6) Kindergarten Field Day Grade1&2 Field day Grade 3&4 Field day Basketball/volleyba ll skills Club Soccer tournament(5&6) Cricket (4&5)

All Year Outcomes	Specific Times Outcomes	Game Strategies
<ul style="list-style-type: none"> *Individual/Dual *Group/Team *Teamwork & Fair Play *Rules *Skill Development Process *Physical Activity Safety *Interpersonal Skills *Active Participation 	<ul style="list-style-type: none"> *Terminology *Officiating *Alternative Pursuits *Rhythmic *Gymnastic-Type *Movement Concepts *Mechanical Principles *Game Strategies 	<ul style="list-style-type: none"> Grade 1 - Target Grade 2 – Chasing/Fleeing Grade 3 – Territory/Invasion Grade 4 – Net/Wall & Striking/Fielding Grade 5 – Problem Solving Grade 6 – Offensive & Defensive