

Physical Education Program

Physical Education Staff: Ms. Lumbera and Mrs. J. Fedeniuk

Course Content Highlights

Students from Kindergarten to Grade 8 develop the knowledge, skills, and attitudes for leading physically active and healthy lifestyles.

There are 5 general learning outcomes.

1. Movement

The student will demonstrate competency in selected movement skills and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

2. Fitness Management

The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.

The student will sustain participation in a variety of physical activities that contribute to skill/fitness development and enjoyment.

3. Safety

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.

4. Personal and Social Management

The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

5. Healthy Lifestyle Practices

Classroom teachers will deliver the health component of the Phys-ed/Health Curriculum.

Assessment

The assessment of the students will take place through general observations, skill testing and written or oral quizzes.

Report card marks will fall under the following headings: **Movement** and **Fitness Management**.

Grade 7 & 8 reports will also indicate percentage marks and marks for learning behaviours which include: personal management, active participation and social responsibility.