**YQS**

**Grade 1-4 Physical Education**

**Comprehensive Course Outline**

The 6 goals of the physical education program at Yellowquill School are :

 1) Develop physical well being

 2) Develop desired movement patterns through the neuromuscular system

 3) Express with confidence through physical activity

 4) Develop safety and survival practices

 5) Develop a feeling of independence in pursuing physical activity throughout

 life

 6) Develop positive social interactions through physical activity

These six goals cove the three domains of physical education : psychomotor (physical)

 cognitive (knowledge)

 affective (social skills)

***Term One*** :

 **Physical Skills** - running, jumping, hopping, galloping, skipping

 - fitness

 - movement to music

 **Social Skills** - listening skills, class rules, positive interaction through play,

 class routines/climate

 **Knowledge -** Gr. 1/2 - appropriate dress for physical education

 - identify body parts

 Gr. 3/4 - appropriate dress for physical education

 - identify the four major components of fitness

***Term Two*** :

 **Physical Skills** - Static and dynamic balance; ball rolling, bouncing and kicking

 - movement to music

 - fitness

 **Social Skills** - listening skills, class/routines/climate, positive interaction through play, class rules

 **Knowledge** -Gr. 1/2 - identify changes in the body due to physical activity

 - Gr. 3/4 - understand the need for safety rules and identifying potential risks/hazards

***Term Three*** :

 **Physical Skills** - underhand and overhand throws, catching, striking

 - movement to music

 - fitness

 **Social Skills** - listening skills, class routines/climate/ positive interaction through play

 **Knowledge** - Gr. 1/4 - recognizing that physical activity is good for personal well being

The above physical skills are make up the fourteen basic movement skills that are critical in a child’s physical development. they are practiced and developed in a variety of ways, including lead-up games, progressions, individual and group practice, sport and games.

Because these skills are taught form grades one to four, expectations change as the grade level increases. Gr. 3/4 will be expected to perform these skills in a formative - mature pattern, while gr. 1/2 will be expected to perform these skills in an initial-formative pattern.

Gr. 1/2 students will be taught the correct, basic motor/manipulative pattern through a variety of activities, while the gr. 3/4 student will be taught the same skills using age appropriate activities that will become closer and closer to the sport that they progress up to.

\* All skills will be practiced throughout the year but the focus will be the skills listed under each term.

***Evaluation***

 **Social Skills** - daily using a rubrics of 1-5

 **Knowledge**  - done every term on the skills taught during the term

 **Physical Skills** - done every term on the skills taught during the term using a rubrics from 1-5 while the student is engaged in a game or an isolated form.

***Physical Education Clothes***

 Students in gr. 1-4 are expected to bring and wear a change of clothes to every class. this should include the following items : T-shirt

 shorts/track pants

 non-marking clean running shoes

 Students are also asked not to wear any jewellery, watches , etc. for the fact they might get damaged or injure someone.

\* Parents whose children have a medical problem/illness at any time are asked to notify the physical education staff by phone or note.

We are looking forward to a great year. If you have any questions please don’t hesitate ton call.

Physical Education Staff ; Mr. T. Laing

 Mr. D. Moar