

Ormstown Elementary School
Course Outline
Physical Education and Health



Subject description

The Elementary Physical Education and Health program is divided into 4 content areas:

- Knowledge
- Motor Skills
- Strategies / Action Roles
- Behavior

Through a variety of learning situations, Physical Education and Health teachers will help students acquire a repertoire of knowledge and skills they can use to develop the three competencies of the program. The program aims to teach students;

- Different motor skills and when to use them
- How to interact with others in different physical activities
- Why one should pursue a healthy and active lifestyle

Subject competencies

Competency 1 – To perform movement skills in different physical activity settings.

- This competency is evaluated by assessing a student's knowledge of:
 - The body
 - Spatial awareness
 - Balance & coordination
 - Vocabulary related to equipment

Motor skills:

- Locomotor skills (running, jumping, skipping...)
- Nonlocomotor skills (balancing, rotating...)
- Manipulation skills (throwing, catching, dribbling...)

Competency 2 – To interact with others in different physical activity settings.

- This competency is evaluated by assessing a student's knowledge of:
 - Communication
 - Synchronization (when to perform certain actions)
 - Roles (offense, defense, right wing...)

Strategies / Action Rules

- Knowing when to be offensive
- Knowing when to be defensive

Motor Skills

- Playing proper positions

Behavior

- Sportsmanship

Competency 3 – To adopt a healthy, active lifestyle

- This competency is evaluated by assessing a student's knowledge of:
 - Lifestyle habits & physical fitness
 - Regular physical activity
 - Safe participation in physical activity
 - Personal hygiene
 - Relaxation and stress management
 - Effects of a sedentary lifestyle
 - Anatomy & physiology

Resources and Strategies to Achieve Learning Outcomes

	<u>Cycle 1</u>	<u>Cycle 2</u>	<u>Cycle 3</u>
<u>Term 1</u>	-Running -Throwing / Catching -Sportsmanship / Behavior -Overall Effort & Readiness	-Running -Newcomb Ball -Sportsmanship / Behavior -Overall Effort & Readiness	-Running -Mini Volleyball -Sportsmanship / Behavior -Overall Effort & Readiness
<u>Term 2</u>	-Hand Eye Coordination -Indoor Soccer -Dribbling -Sportsmanship / Behavior -Overall Effort & Readiness	-Badminton -Floor Hockey -Basketball -Sportsmanship / Behavior -Overall Effort & Readiness	-Badminton -Floor Hockey -Basketball -Sportsmanship / Behavior -Overall Effort & Readiness
<u>Term 3</u>	-Sport Stacking -Skipping Rope -Mini Track and Field (5 Events) -Sportsmanship / Behavior -Overall Effort & Readiness	-Sport Stacking -Skipping Rope -Track and Field (8 Events) -Sportsmanship / Behavior -Overall Effort & Readiness	-Sport Stacking -Skipping Rope -Track and Field (8 Events) -Sportsmanship / Behavior -Overall Effort & Readiness

Communication Regarding Student Progress

Progress in this subject area will be sent home four times per year (one progress report in October and three report cards at the end of each term). Interviews are also available twice a year. In addition, parents may contact the teacher at any time through the agenda, by phone at the school (450) 829-2641 or by email (cccampbell@nfsb.qc.ca) to discuss their child's progress.