

Physical Education P - 6

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According to Physical and Health Education Canada:

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Fundamental Movement Skills:

To become completely physically literate, children need to master the fundamental movement skills which include:

● dodge ● hop ● skip ● log roll	● stork stand ● jump ● kick ● dribble	● overarm throw ● catch ● run ● sidearm strike.
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This year in Physical Education students will participate in different diverse types of physical activities. Such experiences will provide students with opportunities to understand the connectedness between: health-related physical fitness, movement skills, decision making, relationships, environment, social justice and expression of self.

Nova Scotia Curriculum:

For more information around curriculum and outcomes please visit:

<https://curriculum.novascotia.ca/english-programs/>

Assessment:

The following is a list of assessment strategies that **may** be used by the physical education teacher to assess a student's progress. A combination of these assessments creates a balanced and fair approach when assessing each student.

- **Observations of oral activities/cooperative activities**
- **Checklists**
- **Presentations**
- **Rubrics – specific criteria that are set for an activity against which a student's work will be measured.**
- **Presentations**
- **Performance – dance and gymnastic routines.**
- **Peer/Self Evaluation – students assessing their own, or each other's work using clear guidelines.**
- **Observation/Anecdotal Records/Checklist – Specific checklist or a simple note in a teacher plan book.**
- **Portfolios – a collection of selected work that portrays a student's effort, progress, and achievement over a period of time.**

NOTE: If there is a need for communication between the PE teachers and home, teachers will typically use one of the following methods.

- Emails
- Phone calls
- Notes home

Expectations:

Students are expected to arrive with a positive attitude each day towards what we are doing in class. It is understood that students may not enjoy all class activities, but they are expected to be open and try their best.

Students are expected to respect themselves, others, and the learning environment while participating in a way that is safe and effective.

For their own comfort and safety, it is expected that students wear sneakers and comfortable clothing during physical education classes.

Any incidence of poor sportsmanship, bullying, racism, sexism, or homophobia will not be tolerated in class. There will be appropriate consequences to follow these actions.