

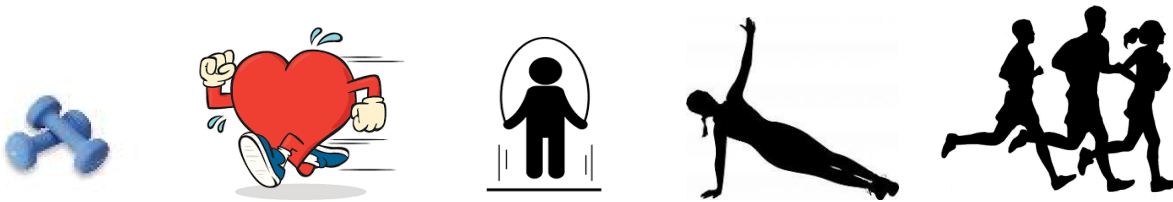
**Sister MacNamara Elementary Physical Education 2022-2023**  
**Ms. MacDonald**

The goal of physical education is for students to develop skills and a love of physical activity. To do this, students will take part in a variety of activities to help them develop the knowledge, skills, and attitudes necessary for a healthy and active lifestyle.

**Movement skills and knowledge** will be developed through a variety of partner, individual, and team games as well as alternative activities such as dance, circus, and yoga.



**Fitness skills and knowledge** will be developed through a variety of movement opportunities, focusing on developing a body that is healthy, strong and knowledgeable. At Sister Mac Friday physical education classes are known as “Fitness Fridays”. These classes are dedicated to exposing students to many different activities (running, fitness training, fitness drumming...) so they can figure out their favourite ways to keep fit and have fun!



**Extra Programs**

Sister MacNamara School offers a variety of extra-curricular opportunities for **grade 5 and 6** students to participate in throughout the year. Full details about each program will be sent home in a permission slip prior to the beginning of the program. **Permission slips must be signed and returned to school before your child can begin participating.** Students may join the following teams:

Outdoor Soccer

Indoor Soccer

Volleyball

Basketball

Fit Run – grade 4, 5 and 6

Intramurals – grade 4, 5 and 6



**Running shoes are needed for safe and active participation in class.**

