Physical Education: Grade 3-6

**Philosophy:**

I want students to have fun, play fair, be safe and be active. I also want all students to try their best in all activities presented. In doing this, I hope to encourage students to develop and pursue healthy activities, which will lead to a healthy active lifestyle.

**Year Overview:**

Throughout the school year, students will work towards improving their physical literacy through developing all of the basic movement skills required to live a healthy active lifestyle. Due to our modified school year this year, our learning activities will look a little different. Students will take part in activities that ensure social distancing at all times. Some of these activities will include: yoga, mindfulness practices, fundamental movement activities, and fitness games. Low organized games will also be included throughout the year.

**Assessment:**

Students will be assessed using a wide variety of assessment strategies. Students will be assessed daily by self-evaluation and teacher observation. Fundamental Movement Assessment has defined expectations for basic motor skills that will be assessed at the beginning of the school year, and reassessed throughout the remainder of the year.

**Rules and Expectations:**

At the beginning of each school year, we as a class come up with a list of rules that we believe are fair and help keep us all safe in the gym. Respect for ourselves, each other, and the equipment lay the foundation for our gym rules. With the majority of our classes taking place outside this year, it is strongly encouraged that students come to school dressed for the weather.

Mr. C. Thomson

Physical Education Teacher Grades 3-6