**Physical Education: Kindergarten to Grade 2**

**Philosophy**:

Students will have opportunities to become more active through play, by using different strategies and techniques when practicing skills and playing games. They will learn how to perform safely independently and cooperatively, with a positive mindset.

**Year Overview**:

With social distancing and safety practices in place, students will develop their physical literacy through games and activities that support a healthy and active lifestyle using movement and fitness skills. We will practice mindfulness techniques, form body awareness, learn problem solving skills and take part in team building activities.

**Assessment**:

Students will be assessed through self reflection and teacher observation. Using a variety of skills, students will have opportunities to demonstrate their understanding and show growth of the different topics in the year.

**Rules and Expectations**:

Students are expected to respect themselves, each other, the equipment, and the school. This helps form a safe environment where students can take risks and build confidence when learning and practicing different skills. With many of the classes taking place outdoors, students are encouraged to dress appropriately for the weather throughout the school year.

Mr. W. Kay

Physical Education Teacher (Kindergarten - Grade 2)

