

K - 4 Physical Education

Dear Parents,

Welcome to another year of Physical Education! Throughout the year and through active play, students will be learning a variety of FUNdamental movement skills such as:

- Dodge
- Hop
- Skip
- Log Roll
- Stork Stance
- Jump
- Kick
- Dribble
- Overarm Throw
- Catch
- Run
- Sidearm Strike

Parents, please help your child be prepared and safe during physical education by providing socks and athletic shoes that can be securely fastened. **No crocs, dress shoes, flip flops, winter boots, hiking boots, zipper shoes, or slip-on shoes of any type.** Keeping a pair at school is best as it will allow him/her to fully participate in all activities safely. Runners with non-marking soles are recommended. **If your child does have shoes with laces, please ensure that they are able to tie them without assistance.** Children are to be reminded not to wear or bring jewelry to class. It may get damaged or lost and more importantly, may also pose a safety hazard to themselves/or other students.

Based on the Manitoba Physical Education Curriculum, the following are the five general learning outcomes we will cover throughout the year.

Movement: Demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

Fitness Management: The ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.

Safety: Practice safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.

Personal and Social Management: The ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

Healthy Lifestyle Practices: The ability to make informed decisions for healthy living practices, nutritional practices, and so on (taught primarily by the classroom teacher).

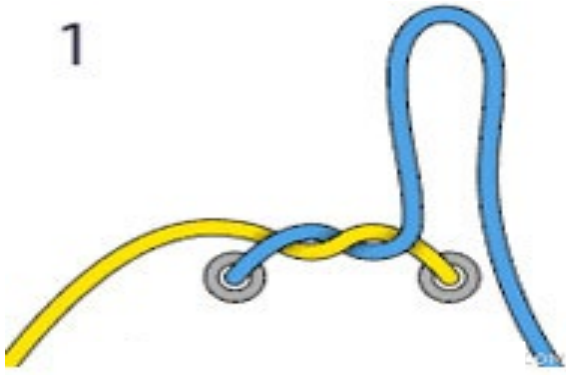
If you have any comments, questions or concerns please feel free to contact us at the school: 204-233-0222 or by email: rachel.paradis@lrsd.net, or teresa.wolfe@lrsd.net. We are very excited to be working with your child/ren throughout the 2020-2021 school year!

Actively Yours,

Rachel Paradis and Terri Wolfe



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