

Overview of PE curriculum 2019-2020

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June
K/1/2	Games	Locomotor	Gymnastics	Ball Skills	Multiskills	Dance	Hand Eye coordination	Track	Team Building	Striking and Fielding
3 / 4	Football	Soccer	Gymnastics	Hockey	Basketball	Volleyball	Tennis	Track	Lacrosse-Short	Baseball/ Cricket
5 / 6	Football	Soccer	Gymnastics	Hockey	Basketball	Volleyball	Badminton	Track	Lacrosse	Baseball/ Cricket
7 and 8	Rugby/ Football	World games Ultimate/GA, Aussie rules	Fitness	Hockey Basketball	Team building OAA	Volleyball	Badminton	Track	Golf/ disc golf/ Ultimate	Baseball/ Cricket
Extras	Fitness Tests	Cross Country mile	OAA	Scooter games	Ski Trip	Skatetime Kids heart	Pits and Alleys/ bowl			Track Day

Kindergarten- Grade 2

The PE curriculum for Kindergarten and Grades 1 and 2 is comprised of Locomotor skills, multi-skills and hand eye coordination skills in order to give students a base of abilities to make them successful sports people. There is also an emphasis on playing fairly, cooperating with each other as a team and being a Christian sports person.

Grades 3- 6

The PE curriculum for Grades 3 to 6 includes a mixture of Invasion games (football, soccer, basketball and hockey), Striking and Fielding (baseball and cricket) and net games (volleyball and tennis and badminton), along with gymnastics and Track and Field skills. The emphasis is on skill development to meet the Minnesota State standards in drills and small sided game environments. Students continue to develop fair play, fitness, cooperation and leadership skills. The role of the coach, official and referee is also introduced and leadership, communication and respect for others is of paramount importance.

Grades 7-8

The emphasis shifts in Grades 7 and 8 to larger team games and students have to apply the skills they have learnt in a more challenging environment. Student's knowledge and understanding of fitness principals is enhanced through track and Field and Specific fitness lessons. The role of the coach, referee and official is also prominent throughout. The aim is produce students with a love for sport and encourage them to take a lifelong interest and have the required knowledge and skills to take part in sport and fitness in their future lives.