



Heloise Lorimer Physical Education Long Range Plans

Year Overview

| Month | Grade 1-4 Theme | Grade 5-8 Units |
|------------------|--|--|
| <i>September</i> | Movement Games | Volleyball/Soccer |
| <i>October</i> | Sending and Receiving | Football/Lacrosse |
| <i>November</i> | Dance | Dance/LOGs |
| <i>December</i> | Dribbling and Retaining | Basketball/LOGs |
| <i>January</i> | Obstacles/Gymnastics | Hockey & Ringette/Combatives |
| <i>February</i> | Sending and Receiving | Raquet Sports/LOGs |
| <i>March</i> | Movement Games | Dance/LOGs |
| <i>April</i> | Track and Field | Track and Field |
| <i>May</i> | Striking and Fielding | Cricket/Baseball |
| <i>June</i> | Lawn & International Games/Created Games | Lawn & International Games/Created Games |

Fitness activities/days will be incorporated into regular classes during warmup and will also occasionally be done during other units/themes. Beep test and 10-30min run will occur up to once a month, and at least once per term

Units will typically be 2 weeks, spanning 8 lessons. Themes will typically be 4 weeks, spanning 16 lessons. G5-8s will alternate units every week, typically completing 2 full units over the course of 4 weeks

****Grade Level PE Field trips will also occur this year. See last page for overview****

*****Active Living Weeks are set for March 25-29 (K, G5-8) and April 1-5 (G1-4)*****

Week-Week Schedule

| Dates | Theme | Units | Missing |
|-------------------------------------|--|---|------------------------------------|
| <i>Sept 4-7</i> | Intro week (tag/LOGS) | Intro week (tag/LOGs) | N/A |
| <i>Sept 10-Oct 4</i> | Movement Games | Volleyball/Soccer | Sept 24/Oct 5 |
| <i>Oct 9-Nov 2</i> | Sending/Receiving | Lacrosse/Football | Oct 8 |
| <i>Nov 5-Nov 30</i> | Dance | Dance/LOGs | Nov 12 |
| Term 1 Ends | | | |
| <i>Dec 4-Dec 21 (3 weeks)</i> | Dribbling/Retaining | Basketball/LOGS | Dec 3 |
| <i>Jan 7-Feb 1</i> | Obstacles/Gymnastics | Hockey & Ringette/Combatives | N/A |
| <i>Feb 4-Mar 8</i> | Sending/Receiving | Raquet Sports/LOGs | Feb 15-22 |
| <i>Mar 11-Mar 22 (2 weeks)</i> | Movement Games | Dance/LOGs | Mar 18 |
| Term 2 Ends | | | |
| <i>Mar25-Apr 5</i> | ACTIVE LIVING WEEKS (K, G5-8: Mar 25-29, G1-4: Apr 1-5) | | Continue previous theme/unit |
| <i>Apr 8-May 10</i> | Track & Field | Track & Field | Apr 19-26 |
| <i>May 13-June 7</i> | Striking/Fielding | Baseball/Cricket | May 17 & 20 |
| <i>June 7-June 27 (3 Weeks)</i> | Lawn Games | Lawn & International Games/Created Games | N/A |

G1-3 will have a 4 station rotation system (G1s will have 2 groups at a time at station 4). G4 will have a 3 station rotation system

*Station 1: Main East (skill focus) Station 2: Main West (skill application)
Station 3: Aux (fitness focus) Station 4: Outside (games)*

*** G5-8 will do a 2-unit system simultaneously with each half of the group doing a separate unit at a time. In most cases, one will be an indoor unit, the other will be outdoor. Outdoor unit is listed second in the above table***

Rationale and Details for **Heloise Lorimer Physical Education Long Range Plans**

In an attempt to focus on improving fundamental movement skills, units have been clumped together that work on similar skills sets to promote appropriate progressions as well as to reinforce student learning and success. The intention here is NOT just to teach sport-specific skills, but instead to use highly engaging and age-appropriate activities, drills, and games within each of these “unit/theme” categories to promote physical literacy, health, and wellness. These skills are overviewed below, and broken down in detail on the following page.

Throughout the course of the year students will experience a wide variety of activities in various environments including both gymnasiums, outdoor facilities, and offsite locations. **Each unit will have a primary and secondary (and sometimes tertiary) focus that encompasses a few different sub-skills within the categories of Locomotor, Nonlocomotor, and Manipulative skills, all of which make up General Outcome A: Activity.**

In addition to these essential skills, **units will also have a non-skill related focus that will help students understand the foundations of the PE program of studies. These focuses include learning from General Outcome B: how physical activity benefits health, General Outcome C: how to cooperate and communicate effectively, and General Outcome D: how to participate in physical activity daily.** Though each unit will have these primary goals, there will of course be a lot of curricular overlap across units in regards to learned knowledge, skills, and attitudes in PE, which is very much intended and natural.

Units will typically last 2 full weeks (4 week themes for G1-4), meaning students will typically get 8 lessons per unit and 16 per theme. Each term will typically have 6 units (3 themes for G1-4), not including weekly fitness activities. As such, each term will have a variety of units that ensure students get to practice (and then reinforce in subsequent units) as wide a variety as possible of movement skills and learned knowledge. Additionally, it should be noted that each term has one major unit/theme that focuses on non-manipulative skills to ensure a balanced activity plan and to allow for growth in these areas.

Grade 1-4 Curricular Focus:

- September – Movement Games:
 - GOC: Fair Play
 - No cheating, proper participation, honesty, resolving disputes
 - GOD: Effort and Safety
 - Following instruction, doing your best, respect (self, others, and equipment)
 - GOA: Locomotor Skills (and spatial awareness)
 - Primary: Walking and running
 - Secondary: Jumping, leaping, hopping, skipping, galloping, etc.

- October – Sending and Receiving:
 - GOC: Communication and Teamwork
 - Giving feedback, encouragement, working within a group/pair, etc.
 - GOA: Manipulative skills
 - Primary: Receiving (catching/collecting)
 - Secondary: Sending (throwing) and retaining (carrying/trapping)

- November – Dance:
 - GOB: Wellbeing
 - Benefits of activity on mental, physical, and social health
 - GOD: Effort
 - Staying active in social settings, trying new things, etc.
 - GOC: Leadership
 - Accepting different roles in a group
 - GOA: Nonlocomotor skills
 - Primary: Sliding, turning, twisting, balancing, and bending
 - Secondary: Landing, stretching, and curling

- December – Dribbling and Retaining:
 - GOC: Teamwork
 - How to involve others, proper communication, group goals, etc.
 - GOA: Manipulative skills
 - Primary: Retaining (dribbling, bouncing, and carrying)
 - Secondary: Receiving (catching/collecting)

- January – Obstacles/Gymnastics:
 - GOB: Body Image
 - Understand how personal attributes influence activity
 - GOD: Safety
 - Respecting the body, limits of body, using equipment properly, etc.
 - GOA: Nonlocomotor and locomotor skills:
 - Primary: Nonlocomotor: Balancing, hanging, swinging, stretching, and curling
 - Secondary: Locomotor: Rolling and climbing

- February – Sending and Receiving:
 - GOC: Communication and Teamwork

- Giving feedback, encouragement, working within a group/pair, etc.
 - GOA: Manipulative skills
 - Primary: Receiving (catching/collecting)
 - Secondary: Sending (throwing) and retaining (carrying/trapping)
- March – Movement Games:
 - GOC: Fair Play
 - No cheating, proper participation, honesty, resolving disputes
 - GOD: Effort and Safety
 - Following instruction, doing your best, respect (self, others, and equipment)
 - GOA: Locomotor Skills (and spatial awareness)
 - Primary: Walking and running
 - Secondary: Jumping, leaping, hopping, skipping, galloping, etc.
- April – Track and Field:
 - GOB: Functional Fitness
 - What your body is capable of, how you can improve, types of movements/exercises
 - GOD: Goal Setting/Personal Challenge
 - Self-competition, short term goals, etc.
 - GOC: Leadership:
 - Bringing out the best in others, being a good role model, etc.
 - GOA: Locomotor, Nonlocomotor, and Manipulative Skills
 - Primary: Locomotor: Running, jumping, hopping, and leaping
 - Secondary: Nonlocomotor: landing, stretching, and bending
 - Tertiary: Manipulative: Sending (throwing)
- May – Striking and Fielding:
 - GOC: Teamwork
 - Willingness to involve others, share, accept roles, etc.
 - GOD: Safety
 - Using implements with care, proper spacing, etc.
 - GOA: Manipulative skills
 - Primary: Manipulative skills: Sending (throwing and striking)
 - Secondary: Manipulative skills: Receiving (catching)
- June – Lawn/International Games and Created Games:
 - GOD: Active Living in the Community
 - Ways to stay active outside of school
 - GOB: Well-being
 - Getting others involved, advocating for physical activity
 - GOA: Manipulative skills
 - Primary: Manipulative: Sending (throwing and tossing)
 - Secondary: Various (depending on created activities)

Fitness activities (including daily warmup) and offsite trips (field trips and Active Living Weeks) will cover GOA-D, but will focus primarily on GOB: Functional Fitness, and GOD: Goal Setting/Personal Challenge and Active Living in the Community. They will also help supplement non-locomotor and locomotor skills learned in class

Grade 5-8 Curricular Focus:

- September – Volleyball and Soccer:
 - GOD: Effort and Safety
 - Following instruction, doing your best, respect (self, others, and equipment)
 - GOA: Manipulative skills
 - Primary: Sending (kicking and striking)
 - Secondary: Receiving (collecting) and retaining (dribbling and trapping)

- October – Football and Lacrosse:
 - GOC: Communication
 - Giving feedback, encouragement, etc.
 - GOA: Manipulative skills
 - Primary: Receiving (catching/collecting)
 - Secondary: Sending (throwing) and retaining (carrying)

- November – Dance and LOGs:
 - GOB: Wellbeing
 - Benefits of activity on mental, physical, and social health
 - GOD: Effort
 - Staying active in social settings, trying new things, etc.
 - GOA: Nonlocomotor skills
 - Primary: Turning, twisting, balancing, and bending
 - Secondary: Landing, stretching, curling, and sliding

- December - Basketball and LOGs:
 - GOC: Teamwork
 - How to involve others, proper communication, group goals, etc.
 - GOA: Manipulative skills
 - Primary: Sending (throwing and kicking) and retaining (dribbling and carrying)
 - Secondary: Receiving (catching/collecting)

- January - Hockey/Ringette and Combatives:
 - GOB: Body Image
 - Body types, nature vs. nurture
 - GOD: Safety
 - Respecting the body, limits of body, healthy competition, etc.
 - GOA (Combatives): Nonlocomotor and locomotor skills:
 - Primary: Nonlocomotor: Balancing, bending, twisting, curling
 - Secondary: Locomotor: Hopping, jumping, leaping, rolling, skipping, and galloping
 - GOA (Hockey/Ringette): Manipulative skills:
 - Primary: Retaining (trapping and carrying) and striking (shooting)

- February – Raquet Sports and LOGs:
 - GOC: Fair Play and Communication
 - Honesty, resolving disputes, etc.

- GOA: Manipulative skills:
 - Primary: Sending (striking)
 - Secondary: Receiving (collecting)
- March – Dance and LOGs:
 - GOB: Wellbeing
 - Benefits of activity on mental health
 - GOD: Effort
 - Staying active in social settings, taking responsibility to be active, etc.
 - GOA: Nonlocomotor skills
 - Primary: Turning, twisting, balancing, and bending
 - Secondary: Landing, stretching, curling, and sliding
- April – Track and Field:
 - GOB: Functional Fitness
 - What your body is capable of, how you can improve, etc.
 - GOD: Goal Setting/Personal Challenge
 - Self-competition, enhancing effort, etc.
 - GOC: Leadership:
 - Bringing out the best in others, being a good role model, etc.
 - GOA: Locomotor, Nonlocomotor, and Manipulative Skills
 - Primary: Locomotor: Running, jumping, walking, hopping, sliding, and leaping
 - Secondary: Nonlocomotor: landing, stretching, turning, twisting, balancing and bending
 - Tertiary: Manipulative: Sending (throwing)
- May – Baseball and Cricket:
 - GOD: Safety
 - Using implements with care, proper spacing, etc.
 - GOA: Manipulative skills and locomotor skills
 - Primary: Manipulative skills: Sending (throwing and striking) and Retaining (carrying and trapping)
 - Secondary: Manipulative skills: Receiving (catching)
- June – Lawn/International Games and Created Games:
 - GOD: Active Living in the Community
 - Ways to stay active outside of school
 - GOC: Creating/leading
 - Sharing/communicating ideas and implementing them
 - GOB: Well-being
 - Getting others involved, advocating for physical activity
 - GOA: Manipulative skills
 - Primary: Manipulative: Sending (throwing and tossing)
 - Secondary: Various (depending on created activities)

Fitness activities (including daily warmup) and offsite trips (field trips and Active Living Weeks) will cover GOA-D, but will focus primarily on GOB: Functional Fitness, and GOD: Goal Setting/Personal Challenge and Active Living in the Community. They will also help supplement non-locomotor and locomotor skills learned in class

Grade Level PE Field Trips:

| <i>Grade</i> | <i>Activity</i> | <i>Cost (approximate)</i> | <i>Notes</i> |
|--------------|---|-------------------------------|--|
| <i>K</i> | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> |
| <i>1</i> | <i>Swimming</i> | <i>\$45/student</i> | <i>Genesis Place. 4 days.</i> |
| <i>2</i> | <i>Inline Skating</i> | <i>\$25/student</i> | <i>Heloise Lorimer. 4 days.</i> |
| <i>3</i> | <i>Swimming</i> | <i>\$45/student</i> | <i>Genesis Place. 4 days.</i> |
| <i>4</i> | <i>Skiing/Snowboarding</i> | <i>\$60/student</i> | <i>Winsport (COP). 2 days.</i> |
| <i>5</i> | <i>Mountain Biking + CorFit + Mini-Golf</i> | <i>\$50/student</i> | <i>Winsport (COP). 1 day.</i> |
| <i>6</i> | <i>Cross-Country Skiing</i> | <i>\$60/student</i> | <i>Canmore Nordic Centre. 1 day.</i> |
| <i>7</i> | <i>Canoeing + Swimming</i> | <i>\$30/student</i> | <i>Calgary Canoe Club + Genesis Place. 3 days.</i> |
| <i>8</i> | <i>Youth Strength Training</i> | <i>\$20/student</i> | <i>Genesis Place. 3 days.</i> |

- Activities will remain the same each year, so students get to try different activities each year (students will revisit swimming twice)
- These activities will supplement the PE curriculum, especially in areas related to “Activities in alternative environments” and skills associated with sliding/gliding, balancing, etc.
- These programs will be IN ADDITION TO active living weeks
- The time of year for each activity will vary depending on availability and season