



Heloise Lorimer Physical Education Long Range Plans

In an attempt to focus on improving fundamental movement skills, activities have been organized into themes that work on similar skills sets to promote appropriate progressions and 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 “theme” categories to promote physical literacy, health, and wellness. These themes and curricular foci are overviewed below and broken down in detail on the following pages.

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 theme will have a primary and secondary 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, **themes will also have a non-skill related focus that will help students understand the foundations of the physical education program of studies. These foci 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 theme will have these primary goals, there will of course be curricular overlap across themes in regards to learned knowledge, skills, and attitudes, which is very much intended and natural.

Themes will typically last 2-4 weeks, meaning students will typically get 9-18 lessons per theme. Each term will typically have 3 themes, not including fitness activities. This ensures that each term students get to practice (and then reinforce in subsequent themes) as wide a variety as possible of movement skills and learned knowledge. Additionally, it should be noted that each term has one major theme that focuses on non-manipulative skills to ensure a balanced activity plan and to allow for growth in these areas.

Please note that all schedules are subject to change

Year Overview

Month	Theme
<i>September</i>	Movement/Cooperative Games
<i>October</i>	Sending and Receiving
<i>November</i>	Dance
<i>December</i>	Dribbling and Retaining
<i>January</i>	Striking and Fielding
<i>February</i>	Obstacles/Gymnastics
<i>March</i>	Sending and Receiving
<i>April</i>	Striking and Fielding
<i>May</i>	Track and Field
<i>June</i>	Lawn/Created Games

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

Themes will typically be 3-4 weeks, spanning 9-18 lessons

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

*****Active Living Weeks are set for March 23-27 and March 30-April 3*****

Week-Week Schedule

Dates	Theme	Sample Activities	Assessment Activities
<i>Sept 3-13 (2 weeks)</i>	Intro week (tag/warmup games)	Gym etiquette, BNC, Animal tag, Lions/Tigers, Jedi, Chain DB, RPC chain, Line tag, Grab it	Formative. General observation (behaviour, needs, group work, etc.)
<i>Sept 16-Oct 4 (2 weeks)</i>	Movement/Cooperative /Low Organized Games	BNC Trad, Rubix, River Xing, Star passing, EA games	ALL: Warmup (GOB/A) G1/2: Star Passing (GOC/D) G3-5: River Xing (GOC/D)
<i>Oct 4-Nov 1 (4 weeks)</i>	Sending/Receiving	Jackpot, wallball, BBB, target throwing, star passing, scoops, lacrosse, bowling, pandoras box, Kubb, Molkky	ALL: Warmup (GOB) ALL: Stations (GOA, GOC/D)
<i>Nov 4-Nov 29 (4 weeks)</i>	Dance	Social, line, and created dances	ALL: General participation (GOB/C/D) G1/2: Cha Cha, Cupid (GOA) G3/5: Country Girl, Created (GOA/C/D)
Term 1 Ends			
<i>Dec 3-Dec 20 (3 weeks)</i>	Dribbling/Retaining	Follow leader, keep away, spokes, RLGL pirates/bankers, basketball, soccer	ALL: Warmup (GOB) ALL: General participation (GOC/D) ALL: Stations (GOA)
Holiday Break			
<i>Jan 6-Jan 30 (4 weeks)</i>	Striking/Fielding	Racquet sports, builders/bulldozers volleyball, floor hockey, ringette, 4 square	ALL: Warmup (GOB) ALL: General participation (GOC/D) G1/2: Individual keep up (GOA) G3-5: Jailbreak (GOA)
<i>Feb 3-13 (2 weeks)</i>	Obstacles/Gymnastics	Mission impossible, mat games	ALL: General participation (GOB/C/D) ALL: Mat movements (GOA)
Holiday Break			
<i>Feb 24-28 (1 week)</i>	Obstacles/Gymnastics	Mission impossible, mat games	ALL: General participation (GOB/C/D)

			ALL: Mat movements (GOA)
<i>Mar 2-20 (3 weeks)</i>	Sending/Receiving	Football, frisbee, tchoukball, handball, target throwing, dodgeball	ALL: Warmup (GOB) G1/2: Partner passing (GOA) G3-5: Ultimate (GOA)
Term 2 Ends			
<i>Mar23-Apr 3 (2 weeks)</i>	ACTIVE LIVING WEEKS and Movement/Cooperative /Low Organized Games	See schedule, Belly Baseball, Switch It, Quidditch, Frogger, Parachute	ALL: General Participation(GOC/D)
<i>Apr 6-9 (1 week)</i>	Movement/Cooperative /Low Organized Games	Belly Baseball, Switch It, Quidditch, Frogger, Parachute	ALL: General Participation (GOC/D)
Holiday Break			
<i>Apr 20-May 14 (4 weeks)</i>	Striking/Fielding	Softball, cricket, Aussie rules, Omnikin	ALL: Warmup (GOB) G1-2: T-Ball G3-5: Softball
<i>May 19-June 5 (3 weeks)</i>	Track and Field	Races, jumps, modified throws	ALL: Scores (GOA) ALL: General participation (GOC/D)
<i>June 8-June 26 (3 weeks)</i>	Lawn/Created Games	Ring toss, bocce, ladderball, spikeball, frisbee golf, frizzle	ALL: General participation (GOA/B/C/D)

Groups with 3 classes will each go to the aux gym once per week

Theme starting on March 2 will be used as assessment piece for T3

Curricular Focus:

- September – Movement/Cooperative/Low Organized Games:
 - GOC: Communication, Leadership, and Teamwork
 - Positive communication, resolving disputes, experiencing group roles, giving feedback, encouragement, working within a group/pair, etc.
 - GOD: Effort and Safety
 - Following instruction, doing your best, respect (self, others, space, and equipment)
 - GOA: Locomotor Skills (and spatial awareness)
 - Primary: Walking and running
 - Secondary: Jumping, leaping, hopping, skipping, galloping, etc.
- October – Sending and Receiving:
 - GOC: Fairplay and Teamwork
 - Proper participation, honesty, sportsmanship, working with others
 - GOD: Safety
 - Following safety protocols
 - GOA: Manipulative skills
 - Primary: Receiving (catching/collecting)
 - Hand positioning
 - Secondary: Sending (underhand throwing/rolling) and retaining (carrying/trapping)
 - Body mechanics (step with opposite, rock, etc.)
- November – Dance:
 - GOB: Body Image and Wellbeing
 - Benefits of activity on mental, physical, and social health, understanding one's own abilities
 - GOD: Effort
 - Staying active in social settings, trying new things, etc.
 - GOC: Leadership and Teamwork
 - Accepting different roles and working within a group
 - GOA: Nonlocomotor skills
 - Primary: Sliding, turning, twisting, balancing, and bending
 - Secondary: Landing, stretching, and curling
- December – Dribbling and Retaining:
 - GOC: Teamwork and Fairplay
 - How to involve others, proper communication, group goals, game etiquette, etc.
 - GOA: Manipulative skills
 - Primary: Retaining (dribbling, bouncing, and carrying)
 - Secondary: Receiving (catching/collecting)

- January - 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 (striking)
 - Secondary: Manipulative skills: Receiving (catching and collecting)
- February – Obstacles/Gymnastics:
 - GOB: Functional Fitness and Body Image
 - Understand how personal attributes influence activity and demonstrate ways to improve
 - GOD: Safety and Goal Setting/Personal Challenge
 - Respecting the body, limits of body, challenging self, using equipment properly, etc.
 - GOA: Nonlocomotor and locomotor skills:
 - Primary: Nonlocomotor: Balancing, hanging, swinging, stretching, and curling
 - Secondary: Locomotor: Skipping, hopping, rolling, climbing, etc.
- March – Sending and Receiving:
 - GOC: Fairplay and Teamwork
 - Proper participation, honesty, sportsmanship, working with others
 - GOD: Safety
 - Following safety protocols
 - GOA: Manipulative skills
 - Primary: Receiving (catching/collecting)
 - Body positioning
 - Secondary: Sending (overhand throwing) and retaining (carrying/trapping)
 - Body mechanics (step with opposite, rock, etc.)
 - Striking and Fielding:
- March/April - Active Living Weeks/Games (FORMATIVE - NOT IN POWERSCHOOL)
 - GOB: Well-being
 - How activity influences your body and overall health
 - GOD: Effort and Active Living in the Community
 - Making decisions to participate in various activities and take risks, experiencing activity locations in the community

- April – 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 (striking)
 - Secondary: Manipulative skills: Receiving (catching and collecting)
- May – 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
 - Inter and intra 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
- June – Lawn/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
 - GOC: Communication and Teamwork
 - Sharing ideas and listening to others, creating as a group
 - 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 Physical Education Field Trips:

<i>Grade</i>	<i>Activity</i>	<i>Cost (approximate)</i>	<i>Dates (tentative)</i>	<i>Location</i>
<i>K</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
<i>1</i>	<i>Swimming</i>	<i>\$45/student</i>	<i>Jan 14, 16, 21, 23, 2020</i>	<i>Genesis Place</i>
<i>2</i>	<i>Inline Skating</i>	<i>\$20/student</i>	<i>Apr 28, 30, May 5, 7, 2020</i>	<i>Heloise Lorimer</i>
<i>3</i>	<i>Swimming</i>	<i>\$45/student</i>	<i>Jan 28, 30, Feb 4, 6, 2020</i>	<i>Genesis Place</i>
<i>4</i>	<i>Skiing/Snowbo arding</i>	<i>\$35/student</i>	<i>Jan 9, 2020</i>	<i>Winsport (COP)</i>
<i>5</i>	<i>Mountain Biking</i>	<i>\$40/student</i>	<i>May 14 OR June 10, 2020</i>	<i>Winsport (COP)</i>

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