

## Lennoxville Elementary School Physical Education Curriculum Outline

The following is a brief explanation of the L.E.S. Physical Education & Health curriculum. The program has been developed to help the students gain knowledge, skills and attitudes that they will need to lead healthy, active lives. Students learn about the importance of good food and regular exercise. They learn how bodies grow and change over time. They learn skills to play individual and team sports, and the values of sportsmanship and teamwork.

### Cycle 1 - Year 1 and Year 2

- \* learn and practice fundamental movement skills including hopping, skipping, kicking, throwing, catching...
- \*
- \* identify the qualities of positive relationships: example - cooperation and caring for other  
recognize choices that keep them healthy and safe: examples - eating habits, participation in physical activity
- \* link movement skills together in simple sequences: example - jump-hop-run
- \* display cooperation with others: example - taking turns

### Cycle 2 - Year 3 and Year 4

- \* become aware of the influences on healthy choices: example - television advertising and unhealthy eating
- \* practice fundamental movement skills in different physical activities: example - playing with a stick, racquet or bat
- \* learn the rules and play a range of team sports in class, recess, lunch, and after school
- \* participate in a range of physical activities and learn how they contribute to a healthy and active lifestyle

### Cycle 3 - Year 5 and Year 6

- \* explain the benefits of personal lifestyle choices: example - eating healthy food, participating in physical activity
- \* demonstrate teamwork, tactics and precision when performing in a range of physical activities
- \* play a range of team sports in class, recess, lunch, and after school
- \* explain the importance of communication in relationships and positive ways to deal with conflict
- \* recognize the effects their decisions can have on the health and safety of others
- \* consider their physical activity levels and participate in physical activities that enhance health

Please feel free to contact me with any questions or comments you have regarding the Physical Education Program. I look forward to an active and fun school year with your child.

Rodney Milonja