



Physical Education & Wellness Long Range Plans

The primary goal of our physical education and wellness program is to provide students with experiences that help them to develop all dimensions of wellness. Many of these experiences will be delivered through physical activity, and throughout the course of the year students will participate in a wide variety of activities in various environments including gymnasiums, outdoor locations, and offsite venues (pools, rinks, etc.).

This year, each month we will focus on two curricular outcomes as opposed to sport-specific or skill-specific themes. This will allow for more flexible and responsive activity planning that gives students a variety of experiences each month. It also more effectively honours curricular mandates. For example, if our focus was on outcomes related to safety and healthy relationships, students could learn about these concepts through a variety of activities such as team sports, tag games, relay races, obstacles courses, and more. By planning in this way, we hope to further develop student's physical literacy each month, but also aim to highlight how our experiences can influence our wellness in other ways including how to stay safe, how to communicate effectively, how to work within a group, what it means to lead an active lifestyle, how challenging ourselves can improve our resiliency and ability to deal with our emotions effectively, and more.

To honour all dimensions of wellness, each month will typically have a **focus that encompasses more physical outcomes (e.g., movement skill development and active living)** as well as a focus **related to more wellness-centered outcomes (e.g., healthy relationships and growth and development)**. Though each month will have these primary goals, there will frequently be curricular overlap regarding learned knowledge, understanding, skills, and procedures, which is very much intended and natural. In addition, by selecting two curricular outcomes to focus on each month, we will cover all 10 (Grade 1-3) and 11 (Grade 4-5) outcomes by the end of January. In turn, we will revisit all outcomes from February to June, allowing us to cover and assess each outcome twice in a year (formatively in September to January, summatively in February to June).

Themes and curricular foci are overviewed below and broken down in detail on the following pages. Please note that all schedules are subject to change

Year Overview

Month	Curricular Foci
<i>September</i>	Safety & Healthy Relationships
<i>October</i>	Movement Skill Development (2) & Character Development
<i>November</i>	Active Living & Growth and Development
<i>December</i>	Movement Skill Development (3) & Healthy Eating
<i>January</i>	Movement Skill Development (1) & Financial Literacy
<i>February</i>	Safety & Financial Literacy
<i>March</i>	Movement Skill Development (2) & Character Development
<i>April</i>	Movement Skill Development (1) & Healthy Eating
<i>May</i>	Active Living & Growth and Development
<i>June</i>	Movement Skill Development (3) & Healthy Relationships

Active Living Week/Month:

Active Living Week/Month will occur in May 2024. On multiple days over the course of this month, students in all grades, along with their classmates, teachers, and volunteers, will participate in different activities either at school or within the surrounding community. Each year we select a variety of activities that are cost-effective, age-appropriate, fun, and challenging. Past examples include yoga, swimming, skating, bowling, hiking, and more. The cost for this week is typically below \$50/student (including transportation) and we often have equipment for borrowing as needed. If you have any items to donate for student use, we'd be happy to take them!

The purpose of Active Living Week/Month is to promote health and wellness as a part of a balanced lifestyle. Through this program we aim to form relationships with community partners that provide students with unique and exciting activity opportunities. These activities are usually low cost and easily accessible in the community. Our hope is that these experiences and connections will help students continue to stay active and well both during and outside of the school day. This program also aids us in teaching and reinforcing various curricular outcomes.

Grade Level Physical Education Field Trips:

Our annual grade level physical education field trips also serve to supplement our physical education and wellness curriculum. As outlined in the table below, activities will remain the same each year (when possible) so students are exposed to different activities as they transition through the grades (swimming is revisited once). These activities have been intentionally selected to allow students experiences in alternative environment and/or with equipment not easily utilized daily school programming. It is our hope that these experiences help students find and develop passions that allow them to lead an active lifestyle.

<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>\$60/student</i>	<i>Nov 7, 9, 14, 16, 21/23, 2023 OR Mar 5, 7, 12, 14, 19, 2024</i>	<i>Genesis Place</i>
<i>2</i>	<i>Inline Skating</i>	<i>\$30/student</i>	<i>Nov 13-17, 2023</i>	<i>Heloise Lorimer</i>
<i>3</i>	<i>Swimming</i>	<i>\$60/student</i>	<i>Mar 15, 17, 22, 24, 29, 2022</i>	<i>Genesis Place</i>
<i>4</i>	<i>Skiing/Snowboarding</i>	<i>\$40/student</i>	<i>Jan 30, 2024</i>	<i>Winsport</i>
<i>5</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>

Please note that the costs listed are approximate and the dates are subject to change/cancellation. Our usual Grade 5 mountain bike trip program has been cancelled, so details on their trip are to be determined

2023-2024 Physical Education Guests/Additional Programs

At this time no guests or additional programs have been scheduled. When/if possible, we try our best to connect students with community partners. Examples of past partners include Flying Bob's Circus Residency, Ever Active Schools, the Calgary Kangaroos, Airdrie Soccer, SoundKreations Dance Residency, and a parent/coach who helped teach students how to play cricket.

Week-Week Schedule

Dates	Curricular Foci	Example Activities	Assessment Activities
<i>Sept 5-28 (4 weeks)</i>	Safety and Healthy Relationships	Team building/small group games, tag games, various warmup activities	G1-2: Laps G3-5: River Crossing
<i>Oct 2-Oct 27 (4 weeks)</i>	Movement Skill Development (2) and Character Development	Movement stations, dribbling activities, basketball, beep test	ALL: Manipulative skill observations
<i>Oct 30-Nov 24 (4 weeks)</i>	Active Living and Growth and Development	Outdoor Activities, tarmac games (wallball, four square), Fitness activities, personal challenge activities, Indigenous games + Grade 1/3 Swimming, Grade 2 Inline	ALL: General Participation
<i>Nov 27-Dec 22 (4 weeks)</i>	Movement Skill Development (3) and Healthy Eating	Team sports/activities, food sorting games	G1-2: Yard Clean Up G3-5: Ultimate Football
<i>Jan 8-26 (4 weeks)</i>	Movement Skill Development (1) and Financial Literacy	Continue team sports/activities, Student Created Games	ALL: General participation G1-2: Relay Races G3-5: Belly Baseball
<i>Jan 29-Mar 1 (4 weeks)</i>	Safety and Financial Literacy	Mat games/gymnastics, mission impossible obstacle course, student created movement stations.	ALL: Fundamental movement skills test. General participation observations.
<i>Mar 4-Mar 28 (4 weeks)</i>	Movement Skill Development (2) and Character Development	Dance	G1-2: Learned Dances G3-5: Created Dances
<i>Apr 8-May 3 (4 weeks)</i>	Movement Skill Development (1) and Healthy Eating	Racket sports	ALL: Stations G1-2: Jailbreak G3-5: Pickleball Gameplay
<i>May 6-May 31 (2 weeks + 1 week active living)</i>	Active Living and Growth and Development	Track and Field, Active Living Weeks	ALL: General participation
<i>June 3-26 (4 weeks)</i>	Movement Skill Development (3) and Healthy Relationships	Orienteering, Lawn Games.	ALL: Orienteering