

Sherbrooke Academy Senior
Physical Education Program
2018 - 2019

P.E. Teachers – Linda Homsy
Maria Valela

Program Objectives

- Encourage maximum participation.
- Educate children in the importance of daily physical activity and fitness needs for life.
- Develop an awareness of one's body movement potential both individually and in a team.
- Provide a balanced program which meets the needs of individual children.
- Encourage children to think for themselves, be responsible for their actions and respect others.
- Promote the development of a positive self- concept.
- Encourage children to have fun while learning.

P.E. Guidelines

Students are expected to follow these guidelines in all physical education classes and extra-curricular activities:

- 1. Be safe at all times.**
- 2. Listen to instructions.**
- 3. Treat everyone with respect.**
- 4. Display good sportsmanship.**
- 5. Take care of all equipment.**
- 6. Indoor and outdoor running shoes required.**
- 7. Wear t-shirt & shorts (leggings & track pants also accepted). NO JEANS**
- 8. No jewelry and long hair must be tied up.**
- 9. Water bottles are permitted in the gym.**
- 10. Participate in every activity.**

Curriculum and Evaluation

Competency 1: Performs various movement skills individually.
ex: locomotor skills, non-locomotor skills, object manipulation, linking of movements

Competency 2: Interacts with others in different physical activity settings.
ex: partner work, low organizational games, team sports, cooperative games

Competency 3: Adopts a healthy and active lifestyle.
ex: Participating in intramurals and board tournaments, understanding and reflecting on the importance of nutrition, sleep and relaxation, active living, etc

*Students will be given the opportunity to participate in various extra-curricular activities for both individual and team sports throughout the year.

Encouraging your child to be healthy and active everyday

- Have a ball and skipping rope at home for your child to use.
- Keep healthy snacks in your house.
- Sleep well.
- Encourage family physical activity outside of school.

Tournaments and Intramurals

This year we will be participating in the LBPSB tournaments. Our philosophy is that every child has an equal opportunity to attend these tournaments, regardless of skill. Please encourage your child to join a team and represent their school. Participants are selected on a first come first served basis...so get those forms in ASAP!! All practices will be held during lunch hour or recess. These activities are a privilege; students who do not display good sportsmanship or who do not respect the P.E. guidelines will not be invited to participate in these tournaments.

Feel free to visit our website for a complete schedule of board tournaments.

Medical Information

Should your child's medical condition change during the year, please contact the office immediately to update their file.

If your child is unable to participate in Phys. Ed. class due to an injury, or medical condition, please send a note advising us of the situation. **Without a note, students will be expected to take part in the class.**

Hygiene

Your child will be working hard this year in P.E.! Teaching our students about proper hygiene is an important part of our program. To avoid embarrassing body odor, we encourage students to keep deodorant and an extra t-shirt in their school bag. Let's work together to stress the importance of proper hygiene.

Winter P.E.

During the winter months we take advantage of the snow & ice conditions to add cross country skiing and skating to our P.E. program. We have skates available to borrow, for children who do not own a pair of skates. They must however bring their own helmet. Cross country skis and boots will be provided.

If you have any skates to get rid of, we are always accepting donations.

Make sure to check our school website for any upcoming events. We will also have the permission forms for all tournaments available on the website for your convenience.

We are looking forward to a fun and active year!



