



PIERRE ELLIOTT TRUDEAU ELEMENTARY



PHYSICAL EDUCATION PROGRAM

2023-2024

P.E. Teachers - Mrs. Macro & Mr. C



Program Objectives

The Physical Education Program encourages maximum participation while exposing students to a wide variety of physical activities. Through physical activity students build self-esteem, social skills and cooperative strategies. The program also aims to promote an active and healthy lifestyle. We use a non-competitive approach, focusing instead on fair play, effort and personal achievement.

When does your child have Physical Education

Your child has 150 minutes of Phys. Ed each week. Grade 1 through 6 have it 3 times per week. Kindergarten has 90 minutes and has Phys. Ed 2 times per week. Your child's homeroom teacher will share this information with you.

Phys. Ed Clothes

Students are required and expected to wear proper clothing for Phys. Ed on the days that they have P.E. ***Please note that this responsibility will also be included as part of their P.E. mark in grades 4, 5 and 6.*** Proper Phys. Ed attire are listed below:

- 1) T-Shirt
- 2) Shorts, jogging pants, leggings, track pants – NO JEANS, JEAN SHORTS, DRESSES/SKIRTS or CARGO PANTS!!
- 3) Proper indoor AND outdoor running shoes WITH shoelaces or Velcro (Crocs are not acceptable)

*****All students must have a pair of CLEAN, INDOOR RUNNING SHOES for use in the gymnasium AND a pair of OUTDOOR RUNNING SHOES for outside*****

PLEASE NOTE: All students will be going outside regularly for Phys. Ed all year. They must be properly dressed for the weather. Waterproof rain jackets, Gloves, scarves, hats, winter boots & snow pants are highly recommended as well as keeping extra clothing in your child's school bag.

Student Expectations

Students are expected to follow the rules in all Physical Education classes and extracurricular activities:

- 1) Be safe at all times.
- 2) Listen to and follow instructions.
- 3) Wear proper phys.ed clothes.
- 4) Treat everyone with respect and kindness.
- 5) Respect the equipment.
- 6) Participate and have fun!!

Students are expected to play fair, try their best and encourage/help their classmates.

Evaluation Competencies

Your child will be evaluated on the following competencies:

- 1) To perform movement skills in different physical activity settings
- 2) To interact with others in different physical activity settings
- 3) To adopt a healthy active lifestyle

Medical Information

All students are expected to participate in all activities during P.E. unless they have a note/email from parents/doctor explaining why they are unable to participate (ex: injury). Without a note/email, students will be expected to take part in the class.

** Please let us know as soon as possible if your child has any chronic health problems that may affect their participation (asthma, injury, illness etc.).

Kindergarten & Cycle I

Basic Games	Object Manipulation
Spatial Awareness	Relays
Basic Gymnastics	Parachute Games
Locomotor Movements	Yoga
Skipping/Hula Hoop	Dance
Cooperative Games	Cup Stacking
Cross Country Running	Tag Games
Pilo Polo	Bodyball

Cycle II & Cycle III

Team Building	Ultimate Frisbee
Skipping	Handball
Dance	Body Ball
Cross Country Skiing	Volleyball
Basketball	Racket Sports
Gymnastics/ Pyramids	Track and Field
Omnikin	Cooperative Games
Fitness	Tchoukball

**activities may vary depending on circumstances/grade/year and are subject to vary*



Tournaments and Intramurals

This year we will be participating in several LBPSB tournaments. Students participate voluntarily (with the exception of the Jr. Run where all grade 1, 2 & 3 students participate) and practices are held during lunch hours. ***These activities are a privilege; students who do not respect the rules will not be invited to participate in the tournaments.***

TOURNAMENT	GRADE	DATE	LOCATION
Ultimate Frisbee	6	September 19	Edgewater
Handball	5	October 5	Edgewater
Sr. Cross Country Run	4-5-6	October 17	Morgan Arboretum
Volleyball	6	January 10	John Abbott College
Cross Country Ski	5-6	February 14	Les Cedres
Tchoukball	5-6	March 18	St.Thomas HS
Junior X-Country Run	1-2-3	May 11	Dorset
Track and Field	4-5-6	June 2	PCHS

**In addition, we will hold our own intramural program during lunch hours for parts of the year. Students interested will be informed of when & where to sign up during Phys. Ed. class. These are free of charge and open to all students from grade 3 through 6.