



**BIRCHWOOD**  
**PHYSICAL EDUCATION PROGRAM**  
**2015-2016**



**P.E. Teachers –Frances Caluori & Kathryn Elder**

**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 focus on fair play, effort, personal achievement and friendly sportsman like competition. Our goal is to instill a love of being active for a lifetime!

**Student Expectations**

Students are expected to follow these rules at all times:

1. Be safe at all times.
2. Listen to and follow instructions.
3. Wear proper Phys. Ed. clothes & running shoes.
4. Be respectful to yourself, others and the equipment.
5. Participate and have fun!

**Phys. Ed. Clothing**

1. A short sleeved t-shirt (Order forms available through Home & School for Birchwood t-shirts)
2. Shorts or jogging pants (No jeans or dresses)
3. Running shoes

*Students should come to school **DRESSED**  
for Physical Education. There will be no  
time permitted for them to change.*

\*\*\*All students must have a pair of **CLEAN, INDOOR RUNNING SHOES** and a pair of **OUTDOOR RUNNING SHOES** for outside. In order to maximize safety and playtime, please ensure your child can tie their shoe laces independently or opt for Velcro.

**PLEASE NOTE: Phys. Ed. classes may be held outdoors at any time. Students should come to school dressed appropriately for the weather.**

**Kindergarten and Cycle I**  
**Examples of some of our Activities**

Basic Games	Skipping
Listening Games	Dance
Cooperative Games	Gymnastics
Object Manipulation	Cupstacking
Parachute	Hula Hoop games
Fitness	Scooters
Running	Snowshoeing
Relays	Rock Climbing
Circus Activities	Soccer
Yoga	Playground games

**Cycle II & III**  
**Examples of some of our Activities**

Cooperative Games	Ultimate Frisbee
Playground Games	Tchoukball
Fitness	Volleyball
Gymnastics	Badminton
Dance	Basketball
Circus Activities	Team Building
Parachute	Track and Field
Yoga	Hockey
Rock Climbing	Omnikin
Running	Curling
Cupstacking	Soccer
Snowshoeing	Tennis
Skipping	Pillo Polo

**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

**Canadian Tire Money Drive**

Thank you to everyone who contributed to our Canadian Tire Money Drive last year. The money went towards purchasing new equipment for our program. We will continue to collect Canadian Tire money throughout the year. Send it in any time, every little bit helps! Thank you for your support!!!

