

Physical Education/Health M/1/2/3	
-----------------------------------	--

Mme Vaquerano École Laurier 2025-2026

SEPTEMBER		OCTOBER		NOVEMBER	
1	2	1	2	1	2
3	4	3	4	3	4
5	6	5	6	5	6
7	8	7	8	7	8
9	10	9	10	9	10
11	12	11	12	11	12
13	14	13	14	13	14
15	16	15	16	15	16
17	18	17	18	17	18
19	20	19	20	19	20
21	22	21	22	21	22
23	24	23	24	23	24
25	26	25	26	25	26
27	28	27	28	27	28
29	30	29	30	29	30
31		31		31	

SEPTEMBER		OCTOBER		NOVEMBER	
1	2	1	2	1	2
3	4	3	4	3	4
5	6	5	6	5	6
7	8	7	8	7	8
9	10	9	10	9	10
11	12	11	12	11	12
13	14	13	14	13	14
15	16	15	16	15	16
17	18	17	18	17	18
19	20	19	20	19	20
21	22	21	22	21	22
23	24	23	24	23	24
25	26	25	26	25	26
27	28	27	28	27	28
29	30	29	30	29	30
31		31		31	

SEPTEMBER		OCTOBER		NOVEMBER	
1	2	1	2	1	2
3	4	3	4	3	4
5	6	5	6	5	6
7	8	7	8	7	8
9	10	9	10	9	10
11	12	11	12	11	12
13	14	13	14	13	14
15	16	15	16	15	16
17	18	17	18	17	18
19	20	19	20	19	20
21	22	21	22	21	22
23	24	23	24	23	24
25	26	25	26	25	26
27	28	27	28	27	28
29	30	29	30	29	30
31		31		31	

[illegible]

Time Period	Sept.	Oct.	Nov.
	Co-operative games; Outdoor activities; station activities	Tag games; Lead-up games (may include Frisbee golf)	Target-type games; Educational gymnastics
Unit			
Outcomes	All GLOs	All GLOs	All GLOs
Big Ideas	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on team-building activities, outdoor activities and simple stations.	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will introduce tag games and varying lead-up games.	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will include target games and educational gymnastics activities.
	GLO 3: K: Safety and Self of Others; 1: Same but also including Violence Prevention and Personal Safety	GLO 4: All: Personal Development	GLO 4: K: Social Development; 1: Same but also includes Conflict resolution process and Avoidance and Refusal Strategies
	GLO 3: 2: Safety and Self of Others; 3: Same but also including Violence Prevention and Personal Safety	GLO 4: All: Personal Development	GLO 4: 2: Social Development, 3: Same but also includes Conflict resolution process and Avoidance and Refusal Strategies
Health 2 & 3 Health K & 1			
Resources Assessments	Assessments: Formative: Observations, conversations/conferencing, small group teaching, varying assignments, checklists, rubrics etc.. Summative: short quizzes, observations, conversations/conferencing, projects, conferencing, checklists, rubrics etc.. Differentiation: small group teaching, reduced amount of questions/sentences, fill-in-the-blank notes, word banks, writing office folder, presentations to only me rather than entire class, audiobooks, assignment choice etc.		
	Youtube videos, <i>Manitoba Foundation for Implementation document</i> , Textbook: Children Moving: A Reflective Approach to Teaching Physical Education 9th Edition by Parker, Graham et. al. various physical education websites for lesson and game ideas, various physical education equipment from the school		

DECEMBER												JANUARY												FEBRUARY												MARCH																																						
	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29		2	3	4	5	6	9	10	11	12	13	17	18	19	20	23	24	25	26			2	3	4	5	6	9	10	11	12	13	16	17	18	19	23				
	14					15					16					17					18					19					20					21					22					23					24							25					26					27						
Time Period	Dec.														Jan.														Feb.														Mar.																															
	Jump rope; Territory/invasion games; Rhythm activities														Simple manipulative skills (balls, short-handled implements etc.); dance														Tag games; Lead-up games														Target-type games; Educational gymnastics																															

Resources Assessments Health 2 & 3 Health K & 1		GLO 5: All: Substance Use and Abuse Prevention	GLO 5:K: Human Sexuality. 3: Other topics	TBD
		GLO 5: 2: Nutrition. 3: Substance Use and Abuse Prevention	GLO 5:2: Human Sexuality. 3: Other topics	TBD
	See above!			
	See above!			

5 General Learning Outcomes for All Grades**Grade Themes for GLO 1:**

- | | |
|-----------------------------------|--|
| 1. Movement | 1. simple games and station activities |
| 2. Fitness Management | 2. target-type games |
| 3. Safety | 3. chasing and fleeing-type activities |
| 4. Personal and Social Management | 4. territory and invasion-type games |
| 5. Healthy Lifestyle Practices | |

Grade Topics: Safety				
Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4
<ul style="list-style-type: none">• traffic• school bus ridership• waterfront• poisons and chemicals• stoves/ovens• sharp utensils• bathtubs	<ul style="list-style-type: none">• toys• clothing• roads and vehicles• school bus ridership• unsupervised situations• fire safety• holidays• forest fires• floods• tornadoes• lightning	<ul style="list-style-type: none">• roads and vehicles• school bus ridership• electricity• weather• seasons• stairs/balconies• tools• Internet use• water conditions• unsupervised situations	<ul style="list-style-type: none">• fire• school bus ridership• crosswalk procedures• seatbelts• train tracks and railway crossings• firearms• floatation devices	<ul style="list-style-type: none">• fire• school bus ridership• roads and vehicles