

Physical Education/Health 4/5/6/8	
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Mme Vaquerano École Laurier 2025-2026

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Sept.	Oct.	Nov.
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Co-operative games; Outdoor activities; Lead-up games	Tag games; Frisbee golf; Mini Cooper Run (8 mins)	Invasion games; volleyball (priority), may begin basketball; line dancing
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All GLOs	All GLOs	All GLOs
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<p>Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on co-operative and team-building games. We will also participate in a variety of outdoor activities to support cross-country running and soccer. We will also play some lead-up games.</p>	<p>Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on tag games, skills to play Frisbee golf, and beginning of goal-setting with some fitness testing.</p>	<p>Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on invasion games, working on skill development for volleyball, and possibly begin basketball if time allows. We will also try line dancing as well.</p>
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GLO 3: 4: Safety of Self and Others; 5: same (but also includes Violence Prevention and Personal Safety)	GLO 4: Personal Development: All	GLO 4: 4: Social Development; 5: same but also includes conflict-resolution process and avoidance and refusal strategies
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GLO 3: All: Safety of Self and Others	GLO 4: Personal Development: All	GLO 4: Social Development: All
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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, Manitoba Foundation for Implementation document, 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			

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Dec.	Jan.	Feb.	Mar.
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Basketball; Jump bands and Chinese Jump Rope; Mini Cooper Run (8 mins)	Wallball Tournament; Seepak Takraw; Outdoor Activities (Skating, Igloo Building etc.)	Seepak Takraw; Fitness Circuits & Stations; Mini Cooper Run (8 mins)	Outdoor Activities; Striking & Fielding Games; Badminton
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Outcomes	All GLOs	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 basketball skills, and we will try Chinese jump rope. We will also continue working on our goal-setting with fitness testing.	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on manipulative skills to play wallball, and outdoor activities as weather allows. We will also introduce Seepak Takraw.	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on an extension of Seepak Takraw, begin fitness stations and circuits, and also continue fitness-testing.	Every unit will have ongoing assessment of personal fitness understanding, safety practices, decision-making and goal setting. This unit will focus on badminton skill development, striking and fielding games and also outdoor activities.
Health 4 & 5	GLO 4: 4: Mental-emotional development; 5: other	GLO 5: All: Personal Health practices but grade 5s focus on dental	GLO 5: All: Active Living	GLO 5: 4: Nutrition; 5: Other
Health 6 & 8	GLO 4: All: Mental-emotional development including stress management	GLO 5: All: Personal Health practices	GLO 5: All: Active Living	GLO 5: All: Nutrition
Assessments	See above!			
Resources	See above!			

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Health 4 & 5		GLO 5: 4: other; 5 Substance use and abuse prevention	GLO 5: 4: other; 5: Human sexuality	Other topics as needed
	Health 6 & 8	GLO 5: these grades would not touch either of the above topics. Content: TBD	GLO 5: these grades would not touch on either subject. Content TBD.	Other topics as needed
Assessments	See above!			
Resources	See above!			

5 General Learning Outcomes for All Grades

1. Movement

2. Fitness Management

3. Safety

4. Personal and Social
Management

5. Healthy Lifestyle Practices

Grade Themes for GLO 1:

4. territory and
invasion-type games

5. innovative games
and activities

6. multicultural games

8. net-wall games and
target-type games

Grade Themes: Game/Activity Strategies			
Grade 5	Grade 6	Grade 7	Grade 8
<ul style="list-style-type: none"> • physical activity • roads • traffic • bus transportation • recreational vehicles • unsupervised areas • environmental conditions (e.g., forest fires, icy conditions, lightning) • violence prevention • personal safety 	<ul style="list-style-type: none"> • physical activity • bicycles • playgrounds/parks • babysitting • Internet use • shaken baby syndrome • prevention and care of injuries 	<ul style="list-style-type: none"> • physical activity • water • school intruders • home invasion • hazing • Internet use • violence prevention • personal safety 	<ul style="list-style-type: none"> • physical activity • safe areas for cycling and other activities (e.g., in-line skating, walking) • community safety laws and policies (e.g., drinking and driving, vandalism, graffiti) • prevention and care of injuries