



PHYSICAL EDUCATION



Teachers: Mrs. McCue & Ms. Gomes

Time allotted: Full Day K-5 50 Minutes
1/2 Day K 30 Minutes

Important Notices:

- Please remember to dress your child in **appropriate clothes and sneakers** on the day he or she has physical education.
- Grades 3-5 will snowshoe during the winter months. This is weather permitting. Please make sure your child has **snow pants, gloves, a hat and waterproof boots** when there are 2 or more inches of snow on the ground.

UNITS COVERED

KINDERGARTEN and 1ST GRADE

FALL

Getting to know you games
Space Awareness Activities
Locomotor Movements
Ball Manipulation (Soccer Skills)
Frisbee

WINTER

Scooters
Ball Manipulation (Basketball Skills)
Bowling
Balance
Gymnastics skills
Striking an object (Hockey skills)

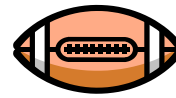
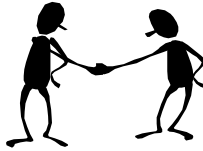
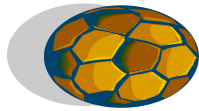
SPRING

Jumping & Landing
Badminton Skills
Throwing, Catching and Hitting
Lacrosse Skills / Scoops
Barbeque Games

2ND GRADE and 3RD GRADE

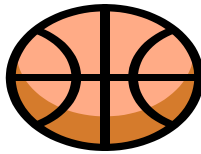
FALL

Getting to know you games
Capture the football
Team Building Activities
Ball Manipulation (Soccer Skills)
Frisbee



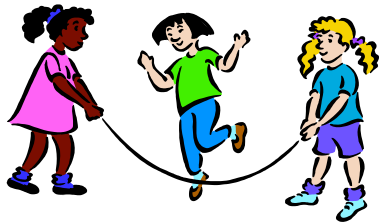
WINTER

Scooters
Ball Manipulation (Basketball Skills)
Bowling
Balance
Gymnastics skills
Striking an object (hockey skills)
Volleyball
DDR & Snowshoeing (3rd Grade Only)



SPRING

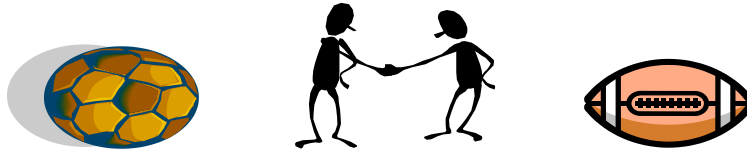
Jumping & Landing
Badminton
Baseball/Softball
Lacrosse
Barbeque Games



4TH GRADE and 5TH GRADE

FALL

Getting to know you games
Capture the football
Team Building Activities
Ball Manipulation (Soccer Skills)
Frisbee



WINTER

Scooters
Ball Manipulation (Basketball Skills)
Bowling
Balance
Gymnastics skills
Hockey
Volleyball
DDR
Snowshoeing



SPRING

Jumping & Landing
Badminton
Baseball/Softball/Whiffleball
Lacrosse
Barbeque Games

