

Introduction : The goal for my students is to have fun in a safe and encouraging atmosphere. The emphasis is on being your best at all times. To challenge yourself to improve both skills and fitness level. Inter-personal relationships are crucial. How you respect your classmates, officials and the decisions they make is an important part of Physical Education. Students are taught strategies to solve their conflicts in a positive matter so that both parties are happy with the resolution.

Classroom Code of Conduct :

1. **Be safe** at all times.
2. **Come ready:** Proper clothing and footwear are essential to getting the most of your time in P.E.
4. **Be respectful** of classmates and treat people how you want to be treated.
5. **Take responsibility** for your actions. If you make a mistake be honest, and try to fix it yourself first.
6. Have Fun and **DO YOUR BEST.**

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Physical Education

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Do Your Best, Be Safe and Have Fun!

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General Curriculum Outcomes:

Students will be expected to:

A - Active for Life:

demonstrate knowledge, skills, and attitudes necessary to be active for life.

B - Skill and Movement Concepts:

demonstrate competencies of skill and movement concepts and strategies through participation in diverse physical education pursuits.

C - Life Skills:

participate in diverse physical activities that will foster personal, social and emotional growth and responsibility.

A—Active for Life: Students will make connections between physical activity and their own personal health through analyzing their own behaviors (ex. Understanding fitness, setting health goals)

B—Skill and Movement Concepts: Students will learn and demonstrate individual and combinations of fundamental movements and apply them through various pursuits (ex. Catch and throw, strategies, , adaptations).

C—Life Skills: Students will

demonstrate consideration, care and compassion for the well-being and safety of self and others. They will also learn how interpersonal and communication skills as they apply to physical activity.

Physical Literacy

"Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life." - The International Physical Literacy Association, May 2014.

Physical activity is a lot more fun when we're physically literate.

In recent years the Province of Nova Scotia has revamped the Physical Education curriculum to incorporate the principals of physical literacy.

For more information on Physical Literacy see:

<http://sportforlife.ca/physical-literacy/>

<http://physicalliteracy.ca>

Physical literacy

is the...



...to be

active for life



What Can Parents Do?

- Enroll your child in community recreation and sport programs to increase opportunities to develop physical literacy, to put in practice the skills your child is learning through school physical education, and to increase opportunities for your child to be physically active.

- When selecting programs, try to find those programs that cover a range of skills, rather than single sport programs. Most importantly, select activities that your child enjoys and wants to participate in to ensure a positive experience and ongoing participation

- Make an effort to integrate physical activity and sport activities into your family lifestyle. This makes for quality family time and studies show that active parents are more apt to have healthy, active kids.

(From www.phecana.ca)

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