

Long Range Plan

Year: 2009-2010

Grade: 3/4/5

Subject: Physical Education

Teacher: Kate Phelps

Overview: Students will develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

	September	October	November	December	January
Topic:	Games:	Games: Goal-Oriented	Games: Goal-Oriented	Dance	Dance
Activities:	Innovative Challenge	Soccer/ Basketball	Basketball/ Floor Hockey	Creative/ Contemporary	Multicultural/ Folk Dance
Resources:	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools
Instructional Approaches:	Direct teaching, Modelling, Peer teaching.	Direct teaching, Modelling, Peer teaching.	Direct teaching, Modelling, Peer teaching.	Direct teaching, Modelling, Peer teaching.	Direct teaching, Modelling, Peer teaching.
Assessment:	Observing Students	Observing Students	Observing Students	Observing Students	Observing Students

	February	March	April	May	June
Topic:	Gymnastics	Alternative Environments:	Games: Net and Wall	Individual Activities:	Individual Activities:
Activities:	Educational	Snowshoeing	Racquet Activities	Track and Field	Skipping/ Outdoor games
Resources:	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools	ABCD's of Movement from Edmonton Public Schools
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Assessment:	Observing Students	Observing Students	Observing Students	Observing Students	Observing Students

Expectations to be assessed:

Games:

- Throwing and Catching skills
- Dribbling and Passing skills
- Shooting skill
- Properly holding the racquet
- Growth in hand-eye coordination

Dance:

- Body Movement related to music
- Understanding of body movement

Gymnastics:

- Body awareness
- Body Movement through different obstacles

Snowshoeing:

- Proper Walking and Running technique
- Proper Climbing and Descending technique

Track and Field:

- Proper long jump technique
- Proper high jump technique
- Proper throwing technique
- Proper running and starting technique

All students are expected to show active participation in all activities. They are expected to try their hardest and do the best they can.