

# Long Range Plan

Year: 2011-2012

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.

	<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>	<b>January</b>
<b>Topic:</b>	Games:	Games: Goal-Oriented	Games: Goal-Oriented	Dance	Dance
<b>Activities:</b>	Innovative Challenge	Basketball	Floor Hockey	Creative/ Contemporary	Multicultural/ Folk Dance
<b>Resources:</b>	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
<b>Instructional Approaches:</b>	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.
<b>Assessment:</b>	Observing Students	Observing Students	Observing Students	Observing Students	Observing Students

	<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
<b>Topic:</b>	Gymnastics	Alternative Environments:	Games: Net and Wall	Individual Activities:	Individual Activities:
<b>Activities:</b>	Educational	Snowshoeing/ Skating	Racquet Activities	Track and Field	Skipping/ Outdoor games
<b>Resources:</b>	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
<b>Instructional Approaches:</b>	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.
<b>Assessment:</b>	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/Skating:

- Proper Walking and Running technique
- Proper Climbing and Descending technique
- Improvement in on ice confidence and stability

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.