

# **Muriel Martin - PHYSICAL EDUCATION – 2016/2017 - YEAR CALENDAR**

<b>DATE</b>	<b>TIME</b>	<b>Gr. 1/2 ACTIVITIES</b>
Aug 31 – Sept. 6/3 classes		<b>Intro Week</b> - class lists, expectations, seating, warm ups, indoor shoes, signals, <b>LINE-UPS</b> for Fire Drill/Lockdown
Sept. 7 – 9/2 classes		<b>Basic Signals, Actions, Formations and Games</b> - safety and practice through <b>Intro of various TAG games</b>
Sept. 9/ <b>FRIDAY</b>		<b>Terry Fox National School Day Run</b> – period 4 & 5
Sept. 12 – Sept. 23/6 classes		<b>Basic Movement skills, patterns and boundary work</b> - routine presentation/stories
Sept. 26 – Oct. 7/6 classes		<b>Dance</b> - folk and traditional fun.
Oct. 12 – Nov. 4/12 classes		<b>Basic Game Skill Manipulatives</b> – beanies, hoops, sticks, balls, ropes, scarves
Oct. 28/31/1-2 classes		<b>Halloween Activities in Gym</b>
Nov. 7- 18/5 classes		<b>Dodge ball Games</b> – Fun team challenge games with the dodge ball – <b>Racetrack, Fire and Ice</b>
Nov. 21 – Dec. 2/3 classes		<b>Speed Ball/Mini-Basketball</b> – passing, dribbling and shooting. <b>DEC. 2<sup>nd</sup></b> is <b>MM SKATE DAY!</b>
Dec. 5 – 22/5-8 classes		<b>Christmas Activities - Outside and inside. AND “THE 12 DAYS OF FITNESS”</b>
Jan. 9 – 13/3 classes		<b>Fitness Week</b> – Pulse check, Heart Rate work. <b>STATION WORK!</b>
Jan. 16 – 27/6 classes		<b>Wall Climbing</b> - safety, trust and basic techniques on <b>bouldering wall</b> .
Jan. 30 - Feb 8/ 3 classes of each		<b>Outdoor Activities - Winter Activities Outside (Games) and Inside (CURLING)</b>
Feb. 13 – Feb. 24/5 classes		<b>Jump Rope</b> – Basic Safety skills, technique and tricks
Feb. 27 – Mar. 10/5 classes		<b>Floor Hockey</b> – Safety, skills and games intro
Mar.13 – 17/3 classes		<b>OMNIKIN games</b> – games with the <b>BIG BALL &amp; Small Omnikins</b>
Mar. 20- Mar. 23/ 3 Classes		<b>Soccer</b> - foot trap, kicks, passing, dribbling skills and games.
April 3 – April 7/3 classes		<b>Wrestling</b> – Fun combative games and activities
April 10 – April 21/5 classes		<b>Gymnastics</b> - floor movements - balance, rotations etc & apparatus work/circuits.
April 24 – 28/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 5/3 classes		<b>OUTDOOR CHALK AND SKIPPING GAMES</b>
May 8 – May 12/3 classes		<b>Soccer Workshop Prep for MAY 13 – PERIOD 1, 2 AND 3 WORKSHOP</b>
May 15– May 26/6 classes		<b>T-Ball Intro</b> - basic skills and games.
May 29 – June 2/3 classes		<b>TRACK DAY PREP!! DIV. 1 TRACK DAY</b> – Friday, <b>JUNE 2<sup>nd</sup></b> - pm
June 5 - 23/8 classes		<b>FUN DAY Prep.</b>

<b>DATE</b>	<b>Time</b>	<b>Gr. 3/4 ACTIVITIES</b>
Aug 31 - Sept. 6/3 classes		<b>Intro Weeks</b> - class lists, expectations, seating, change, warm-up, signals, <b>GAMES &amp; XC Intro</b>
Sept. 9/ <b>FRIDAY</b>		<b>Terry Fox National School Run</b> – Sept 9 <sup>th</sup> , Per. 4/5. <b>MM MINI XC MEET – SEPT. 8<sup>th</sup> @ MM</b>
Sept. 7 – Sept 16/5 classes		<b>X-Country</b> - pulse, pacing, route intro/partner run. <b>District X-C Run Off – Div 2: Sept 16<sup>th</sup></b>
Sept. 19 – Sept. 23/3 classes		<b>Tetherball/Bocci Ball/Basketball</b> – Rules, skills and games <b>OUTSIDE</b> .
Sept. 26 – Oct. 7/6 classes		<b>Soccer</b> - kick, trap, dribble, pass and shooting skills
Oct. 12 - Oct. 21/5 classes		<b>Floor Hockey</b> – pass, stick handle, shooting skills and games.
Oct. 24 – Nov. 4/5 classes		<b>Ringette</b> – pass, shoot and games rules of play. <b>Halloween Activities - Oct. 28/31st</b>
Nov. 7 – Nov.18 /6 classes		<b>Cup Stacking</b> – Technique, relays and Tournament
Nov. 21 – Dec. 2/6 classes		<b>Dance</b> – Folk dance to hip hop. <b>DEC. 2<sup>nd</sup></b> is <b>MM SKATE DAY!!!</b>
Dec. 5 – Dec. 13/6 classes		<b>Quidditch</b> – The Harry Potter game.
Dec. 14- Dec. 22/5 classes		<b>Omnikin Games and X-Mas Activities AND “THE 12 DAYS OF FITNESS”</b>
Jan. 9 – 13/3 classes		<b>Fitness Week</b> – Pulse check, Heart rate work.
Jan. 16 – 27/6 classes		<b>Wall Climb</b> – safety, trust, bouldering and high wall.
Jan. 30 – Feb. 8/6 classes		<b>Outdoor Activities, SNOWSHOES &amp; CURLING</b>
Feb. 13 – Feb. 24/5 classes		<b>Jump Rope</b> – Basic Safety, technique, tricks and routine.
Feb. 27 – Mar 8/5 classes		<b>Lacrosse</b> – trap, scoop, pick ups, cradling and shooting. <b>Teacher Convention Feb. 9/10.</b>
Mar 9 – Mar.17/5classes		<b>Basketball</b> – skill building. <b>HI-LIGHTS WHEEL CHAIR B-BALL - 13<sup>th</sup> – 17<sup>th</sup>!!!!</b>
Mar 20– Mar. 23/3 classes		<b>Badminton and Paddle games</b> – skills and games
April 3 – April 7/3 classes		<b>Wrestling</b> – Fun combative games and activities
April 10 – April 21/6 classes		<b>Gymnastics</b> - floor movements - balance, rotations & apparatus work/circuits.
April 24 – April 28/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 5/3 classes		<b>Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 8 – May 12/3 classes		<b>Rugby</b> –passing, teamwork and games. <b>Grade 3’s – SOCCER CLINIC PREP.</b>
May 15 – May 26/6 classes		<b>Cycling unit</b> – Helmets, safety, riding skills and road signals
May 29 – June 12/6 classes		<b>Track and Field</b> – skill building, <b>DIV. 2 Track DAY at Fowler Track – Tuesday, June 13<sup>th</sup>!</b>
June 14 – June 23/6 classes		<b>Dino Dodge Ball Day – June 23<sup>rd</sup></b> – Play <b>Capture Flag &amp; Kickball &amp; FUN DAY Prep!</b>

<b>DATE</b>	<b>TIME</b>	<b>Gr. 5/6 ACTIVITIES</b>
Aug. 31 - Sept. 6/3 classes		<b>Intro Weeks</b> – class lists, expect’s, seating, change, warm-up, basic signals, <b>Games &amp; XC Intro</b>
Sept. 9/ <b>FRIDAY</b>		<b>Terry’s Fox National School Run</b> – Sept 9 <sup>th</sup> – Per.4/5. <b>ALSO MM Mini XC Meet – Sept. 8<sup>th</sup> @ MM</b>
Sept. 7 – 16/7 classes		<b>X-C</b> - pulse, pacing, route intro. <b>District XC Run Off – Div 2: Sept 16<sup>th</sup></b>
Sept. 19 – 23/4 classes		<b>Ultimate Frizbee</b> – pasing and team play
Sept. 26 – Sept. 30/8 classes		<b>Soccer (WEST field), Tetherball &amp; Bocci Ball (East field)</b> – Safety, skills and teamwork
Oct. 3 – Oct. 7/4 classes		<b>Cup Stacking</b> – Technique, relays and tourney!
Oct. 10 – Oct. 27/8 classes		<b>Volleyball</b> – skills (service, bump, set) and rotation, games and strategy. <b>Halloween Activities Oct. 28 &amp; 31<sup>st</sup>.</b>
Nov. 1 – Nov. 18/8 classes		<b>Floor Hockey</b> - Inside hockey skills/games
Nov. 21 – Dec. 2/7 classes		<b>HIP HOP Dance</b> <b>MM SKATE DAY is DEC. 2<sup>nd</sup></b>
Dec. 5 – 21/7 classes		<b>Omnikin Games and Quidditch AND “THE 12 DAYS OF FITNESS”</b>
Jan 9 – 13/4 classes		<b>Fitness Week</b> – Pulse check, Heart rate work.
Jan. 16 - 27/8 classes		<b>Wall climbing</b> - safety, trust, bouldering, belaying and climbing skills
Jan. 30- Feb 8/6 classes		<b>Outdoor Activities SNOWSHOE &amp; CURLING</b>
Feb. 13 – Feb. 17/4 classes		<b>Jump Rope</b> – Basic skills, safety, technique and Demo’s
Feb. 21 – Feb 24/3 classes		<b>Badminton</b> – skills and game time
Feb. 27 – March 10/8 classes		<b>Archery</b> – safety and shooting skills
March 13 - Mar. 23/7 classes		<b>Basketball</b> – skill building and games <b>PLUS HI-LIGHTS WHEEL CHAIR BASKETBALL</b>
April 3 – April 7/4 classes		<b>Wrestling skills and combative games</b>
April 10 – April 21/6 classes		<b>Gymnastics</b> - pyramid building, apparatus routines and <b>MISSION IMPOSSIBLE – April 19<sup>th</sup> – 26th</b>
April 24 – April 28/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 12/8 classes		<b>RUGBY &amp; Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 15 – May 26/8 classes		<b>Golf &amp; Kickball Games</b>
May 29 – June 13/8 classes		<b>Track and Field skills prep work for TUESDAY, June 13 – DIV. 2 Track Day - FOWLER</b>
June 14 – 23/8 classes		<b>Dino Dodge Ball Day Prep! DDBDAY – June 23<sup>rd</sup></b> · <b>DISTRICT TRACK – JUNE 26<sup>th</sup> &amp; FUN DAY – JUNE 28<sup>th</sup>!</b>