

## ***Muriel Martin - PHYSICAL EDUCATION – 2018/2019 - YEAR CALENDAR***

<b><i>DATE</i></b>	<b><i>TIME</i></b>	<b><i>Gr. 1/2 ACTIVITIES</i></b>
Sept. 4 – Sept. 7/3 classes		Intro Week - class lists, Gym Rules, seating, warm ups, shoes, signals, <b>LINE-UPS</b> - Fire Drill/Lockdown/class end
Sept. 10 – 13/2 classes		<b>Basic Signals, Actions, Formations and Games-</b> safety and practice through <b>Intro of various TAG games</b>
Sept. 14/ <b>FRIDAY</b>		<b>Terry Fox National School Day Run</b> – period 4 & 5
Sept. 17 – Sept. 28/6 classes		<b>Basic Movement skills, patterns and boundary work</b> - routine presentation (Run, skip, gallop, shuffle, jump)
Oct. 1 – Oct. 12/5 classes		<b>Dance</b> - folk and traditional fun. (Limbo, Chicken, Carousel, Mexican hat, Count & Move)
Oct. 15 – Nov. 2/9 classes		<b>Basic Game Skill Manipulatives</b> – beanies, hoops, sticks, balls, ropes, scarves, Bolla Ball Challenge
Oct. 30/31/1-2 classes		<b>Halloween Activities in Gym</b>
Nov. 5- 16/6 classes		<b>Dodge ball Games</b> – Fun team challenge games with the dodge ball – Racetrack, Fire and Ice, etc.
Nov. 19 – Nov. 29/5 classes		<b>Mini-Speed Basketball/ EZ Rebounder &amp; HI-LIGHTS WHEEL CHAIRS.</b> *** <b>NOV. 30<sup>th</sup> is SKATE DAY!</b>
Dec. 3 – 21/6-8 classes		<b>Christmas Activities - Outside and inside &amp; “THE 12 DAYS OF FITNESS”</b>
Jan. 7 – 11/2-3 classes		<b>Fitness Week</b> – Pulse check, Heart Rate work. <b>STATION WORK!</b>
Jan. 14 – 22/5 classes		<b>Wall Climbing</b> - safety, trust and basic techniques on <b>bouldering wall.</b>
Jan. 23 – Jan 29/3 classes		<b>Curling Games and Instruction inside.</b>
Jan. 30 - Feb 6/ 3 classes		<b>Outdoor Activities</b> – sledding etc.
Feb. 11 – Feb. 22/6 classes		<b>Jump Rope</b> – <b>Basic Safety skills, technique and tricks</b>
Feb. 25 – Mar. 8/5 classes		<b>Floor Hockey</b> – <b>Safety, skills and games intro</b>
Mar.11 – 15/3 classes		<b>OMNIKIN games</b> – games with the <b>BIG BALL &amp; Small Omnikin</b>
Mar. 18- Mar. 21/ 3 Classes		<b>Soccer Skills</b> - foot trap, kicks, passing, dribbling skills and games.
April 1 – April 5/2 classes		<b>Gymnastic on Floor Mats</b> – <b>Locomotor, balance, springs, landings and rotations.</b>
April 8 – April 18/5 classes		<b>Gymnastics</b> – Circuits and stations work.
April 24 – 30/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 6/3 classes		<b>OUTDOOR CHALK AND SKIPPING GAMES</b>
May 7 – May 10/3 classes		<b>Soccer CLINIC Prep for MAY 10 – PERIOD 6, 7 AND 8 Clinic</b>
May 13– May 24/6 classes		<b>T-Ball Intro</b> - basic skills and games.
May 27 – June 7/6 classes		<b>TRACK DAY PREP!! DIV. 1 TRACK DAY</b> – Friday, <b>JUNE 7<sup>th</sup> - pm</b>
June 10 - 25/8 classes		<b>FUN DAY Prep</b> along with 4 <b>SQUARE/TETHERBALL/BASKETBALL</b>

<b><i>DATE</i></b>	<b><i>Time</i></b>	<b><i>Gr. 3/4 ACTIVITIES</i></b>
Sept. 4 - Sept. 7/3 classes		Intro Weeks- lists/gym rules/seating/change/shoes/warm-up/signals, <b>Line-ups-Fire Drill/Lock Down</b>
Sept. 14/ <b>FRIDAY</b>		<b>Terry Fox National School Run</b> – Sept 14 <sup>th</sup> , Per. 4/5. <b>MM MINI XC MEET – SEPT. 13<sup>TH</sup> @ MM</b>
Sept. 10 – Sept 21/6 classes		<b>X-Country</b> - pulse, pacing, route intro/partner run. <b>District X-C Run Off – Div 2: Sept 21<sup>st</sup></b>
Sept. 24 – Sept. 28/3 classes		<b>Tetherball/Bocci Ball/Basketball/BOLA BALL– Rules, skills and games OUTSIDE.</b>
Oct. 1 – Oct. 12/6 classes		<b>Soccer</b> - kick, trap, dribble, pass and shooting skills
Oct. 15 - Oct. 23/4 classes		<b>Floor Hockey</b> – pass, stick handle, shooting skills and games.
Oct. 24 – Nov. 2/4 classes		<b>Ringette</b> – pass, shoot and games rules of play. <b>Halloween Activities - Oct. 30/31st</b>
Nov. 5 – Nov.16/6 classes		<b>Dance</b> – Folk (Limbo, Chicken, Mexican Hat, Macarena) & <b>HOOP and Hip Hop</b>
Nov. 19 – Nov. 23/3 classes		<b>Hi-LIGHTS Wheel Chair Games &amp; “SPRINGBACK” the Rebounder Game</b>
Nov. 26 – Nov. 30/3 classes		<b>Cup Stacking</b> – <b>Technique, relays and Tournament.</b> ***** <b>NOVEMBER 30<sup>TH</sup> is MM SKATE DAY!!!</b>
Dec. 3- Dec. 21/7 classes		<b>Omnikin Games and X-Mas Activities AND “THE 12 DAYS OF FITNESS”</b>
Jan. 7 – 11/3 classes		<b>Fitness Week</b> – Pulse check, Heart rate <b>STATION work.</b>
Jan. 14 – 25/6 classes		<b>Wall Climb</b> – <b>safety, trust, bouldering, and high wall (helmets/harnesses).</b>
Jan. 28 – Jan 30/2 classes		<b>CURLING Games and instruction inside</b>
Jan. 31 – Feb. 6/3 classes		<b>Outdoor Activities</b> – <b>Sledding, BROOMBALL</b> etc.
Feb. 11 – Feb. 20/5 classes		<b>Jump Rope</b> – <b>Basic Safety, technique, tricks and routine.</b>
Feb. 21 – Mar 1/4 classes		<b>Lacrosse</b> – trap, scoop, pick ups, cradling and shooting. <b>Teacher Convention Feb. 7/8<sup>TH</sup>.</b>
Mar 4 – Mar.15/6 classes		<b>Basketball</b> – skill building & 3 on 3 games
Mar 18– Mar. 21/3 classes		<b>REBOUNDER GAMES</b> – <b>Floor Line/Hoop/EZ Rebounder</b> – skills and games - <b>PLAY 4 LOVE OR MONEY</b>
April 1 – April 5/3 classes		<b>Wrestling</b> – Fun combative games and activities
April 8 – April 18/5 classes		<b>Gymnastics</b> – <b>STATIONS</b> – floor, balance, springs, landings, rotations & apparatus work.
April 24 – April 30/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 3/3 classes		<b>Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 6 – May 15/4/5 classes		<b>Rugby</b> – <b>passing, teamwork and games.</b> <b>Grade 3’s – SOCCER CLINIC PREP for May 10<sup>th</sup> pm!!!</b>
May 16 – June 7/9 classes		<b>Track &amp; Field - DIV. 2 Track DAY at Fowler</b> – <b>Thursday, May 30<sup>th</sup>! GR. 3 TRACK – FRIDAY, JUNE 7<sup>th</sup>!!</b>
June 10 – June 19/5 classes		<b>BIKE SKILLS Unit</b> – Helmets, safety, riding skills and road signals.
June 20 – June 26/6 classes		<b>Dino Dodge Ball Day</b> – <b>June 20<sup>th</sup> . Capture Flag &amp; Kickball &amp; FUN DAY Prep!</b>

<b><i>DATE</i></b>	<b><i>TIME</i></b>	<b><i>Gr. 5/6 ACTIVITIES</i></b>
Sept. 4 - Sept. 7/3 classes		Intro Weeks – Lists, Rules, seating, change, shoes, warm-up, signals, Line-ups – <b>FIRE/LOCK. NEW Games!!!</b>
Sept. 14/ <b>FRIDAY</b>		<b>Terry’s Fox National School Run</b> – Sept 14 <sup>th</sup> – Per.4/5. <b>ALSO MM Mini XC Meet – Sept. 13<sup>th</sup> @ MM</b>
Sept. 10 – 21/6 classes		<b>X-C</b> - pulse, pacing, route intro. <b>District XC Run Off – Div 2: Sept 21<sup>st</sup>!! pm – period 7-8</b>
Sept. 24 – 28/4 classes		<b>Ultimate Frizbee</b> – <b>passing and team play</b>
Oct. 1 – Oct. 9/4 classes		<b>Soccer (WEST field), Tetherball, Bolla Ball &amp; Bocci Ball (East field)</b> – Safety, skills and teamwork
Oct. 10 – Oct. 12/4 classes		<b>Cup Stacking</b> – <b>Technique, relays and tourney!</b>
Oct. 15 – Oct. 26/7 classes		<b>Volleyball</b> – skills (service, bump, set) and rotation, games and strategy. <b>Halloween Activities Oct. 30/31<sup>st</sup>.</b>
Oct. 29 – Nov. 9/7 classes		<b>Floor Hockey</b> - Inside hockey skills/games
Nov. 14 – Nov. 23/6 classes		<b>SPRINGBACK &amp; Hi-Lights WHEEL CHAIR PROGRAM</b>
Nov. 26 – Dec. 7/6 classes		<b>HIP HOP Dance Unit - MM SKATE DAY is NOVEMBER 30<sup>TH</sup>!!!</b>
Dec. 10 – 21/5 classes		<b>CHRISTMAS GAMES and “THE 12 DAYS OF FITNESS”</b>
Jan 7 – 11/4 classes		<b>Fitness Week</b> – <b>CIRCUITS/BODY BENDING/OMNIKIN WARM UPS!!</b>
Jan. 14 - 25/8 classes		<b>Wall climbing</b> - safety, trust, bouldering, belaying and climbing skills
Jan. 28- Feb 6/6 classes		<b>OUTDOOR ACTIVITIES - SNOWSHOE/CURLING/SLEDDING/BROOMBALL</b>
Feb. 11 – Feb. 15/4 classes		<b>Jump Rope</b> – <b>Basic skills, safety, technique and Demo’s</b>
Feb. 18 – March 1/8 classes		<b>Basketball</b> – <b>skills and 3 on 3 games.</b>
March 4 – March 15/8 classes		<b>Archery</b> – safety and shooting skills
March 18 - Mar. 21/3 classes		<b>Badminton</b> – <b>skills and game time</b>
April 1 – April 5/3 classes		<b>Wrestling skills and combative games</b>
April 8 – April 18/7/8classes		<b>Gymnastics</b> - pyramid building, apparatus routines
April 24 – April 30/4 classes		<b>Mission Impossible !!!!!!!</b>
May 1 – May 15/8 classes		<b>RUGBY &amp; Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 16 – May 30/7 classes		<b>Track and Field skills prep work for THURSDAY, May 30<sup>th</sup> – DIV. 2 Track Day - FOWLER</b>
May 31 – June 14/8 classes		<b>Golf &amp; Kickball Games &amp; CAPTURE THE FLAG</b>
June 17 – 20/3 classes		<b>Dino Dodge Ball Day</b> – <b>June 20<sup>th</sup> · DISTRICT TRACK – JUNE 25<sup>th</sup> &amp; FUN DAY – JUNE 26<sup>th</sup>!</b>