

## **Muriel Martin - PHYSICAL EDUCATION – 2017/2018 - YEAR CALENDAR**

<b>DATE</b>	<b>TIME</b>	<b>Gr. 1/2 ACTIVITIES</b>
Aug 30 – Sept. 6/3 classes		<b>Intro Week</b> - class lists, Gym Rules, seating, warm ups, shoes, signals, <b>LINE-UPS</b> - Fire Drill/Lockdown/class end
Sept. 7 – 8/2 classes		<b>Basic Signals, Actions, Formations and Games</b> - safety and practice through <b>Intro of various TAG games</b>
Sept. 8/ <b>FRIDAY</b>		<b>Terry Fox National School Day Run</b> – period 4 & 5
Sept. 11 – Sept. 22/6 classes		<b>Basic Movement skills, patterns and boundary work</b> - routine presentation (Run, skip, gallop, shuffle, jump)
Sept. 25 – Oct. 6/6 classes		<b>Dance</b> - folk and traditional fun. (Limbo, Chicken, Carousel, Mexican hat, Count & Move)
Oct. 11 – Nov. 3/12 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. 6- 15/4 classes		<b>Dodge ball Games</b> – Fun team challenge games with the dodge ball – Racetrack, Fire and Ice, etc.
Nov. 16 – Nov. 30/6 classes		<b>Mini-Speed Basketball/ EZ Rebounder &amp; HI-LIGHTS WHEEL CHAIRS.</b> DEC. 1 <sup>st</sup> is <b>SKATE DAY!</b>
Dec. 4 – 20/5-8 classes		<b>Christmas Activities - Outside and inside &amp; “THE 12 DAYS OF FITNESS”</b>
Jan. 8 – 10/2 classes		<b>Fitness Week</b> – Pulse check, Heart Rate work. <b>STATION WORK!</b>
Jan. 11 – 19/4 classes		<b>Wall Climbing</b> - safety, trust and basic techniques on bouldering wall.
Jan. 22 – 26/3 classes		<b>Curling Games and Instruction inside.</b>
Jan. 29 - Feb 7/ 4 classes		<b>Outdoor Activities</b> – Preparation for the MM Winter Olympic Games day on Wednesday, Feb 7/18.
Feb. 12 – Feb. 23/5 classes		<b>Jump Rope</b> – Basic Safety skills, technique and tricks
Feb. 26 – Mar. 9/5 classes		<b>Floor Hockey</b> – Safety, skills and games intro
Mar.12 – 16/3 classes		<b>OMNIKIN games</b> – games with the <b>BIG BALL &amp; Small Omnikin</b>
Mar. 19- Mar. 22/ 3 Classes		<b>Soccer Skills</b> - foot trap, kicks, passing, dribbling skills and games.
April 4 – April 6/2 classes		<b>Gymnastic on Floor Mats</b> – Locomotor, balance, springs, landings and rotations.
April 9 – April 19/5 classes		<b>Gymnastics</b> – Circuits and stations work.
April 23 – 27/4 classes		<b>Mission Impossible !!!!!!!</b>
April 30 – May 4/3 classes		<b>OUTDOOR CHALK AND SKIPPING GAMES</b>
May 7 – May 11/3 classes		<b>Soccer CLINIC Prep for MAY 11 – PERIOD 6, 7 AND 8 Clinic</b>
May 14– May 25/6 classes		<b>T-Ball Intro</b> - basic skills and games.
May 28 – June 1/3 classes		<b>TRACK DAY PREP!! DIV. 1 TRACK DAY</b> – Friday, JUNE 1 <sup>st</sup> - pm
June 4 - 22/8 classes		<b>FUN DAY Prep</b> along with 4 <b>SQUARE/TETHERBALL/BASKETBALL</b>

<b>DATE</b>	<b>Time</b>	<b>Gr. 3/4 ACTIVITIES</b>
Aug 30 - Sept. 6/3 classes		<b>Intro Weeks</b> - lists/gym rules/seating/change/shoes/warm-up/signals, <b>Line-ups-Fire Drill/Lock Down XC STARTS</b>
Sept. 8/ <b>FRIDAY</b>		<b>Terry Fox National School Run</b> – Sept 8 <sup>th</sup> , Per. 4/5. <b>MM MINI XC MEET – SEPT. 7<sup>TH</sup> @ RRUNDLE</b>
Sept. 6 – Sept 15/5 classes		<b>X-Country</b> - pulse, pacing, route intro/partner run. <b>District X-C Run Off – Div 2: Sept 15<sup>th</sup></b>
Sept. 18 – Sept. 22/4 classes		<b>Tetherball/Bocci Ball/Basketball/BOLA BALL</b> – Rules, skills and games <b>OUTSIDE.</b>
Sept. 25 – Oct. 6/6 classes		<b>Soccer</b> - kick, trap, dribble, pass and shooting skills
Oct. 11 - Oct. 20/4 classes		<b>Floor Hockey</b> – pass, stick handle, shooting skills and games.
Oct. 23 – Nov. 3/4 classes		<b>Ringette</b> – pass, shoot and games rules of play. <b>Halloween Activities - Oct. 30/31st</b>
Nov. 6 – Nov.17/5 classes		<b>Dance</b> – Folk (Limbo, Chicken, Mexican Hat, Macarena) & <b>HOOP and Hip Hop</b>
Nov. 20 – Nov. 24/3 classes		<b>Hi-LIGHTS Wheel Chair Games.</b>
Nov. 27 – Dec. 4/3 classes		<b>Cup Stacking</b> – Technique, relays and Tournament. DEC. 1 <sup>st</sup> is <b>MM SKATE DAY!!!</b>
Dec. 5- Dec. 12/5 classes		<b>Omnikin Games and X-Mas Activities AND “THE 12 DAYS OF FITNESS”</b>
Jan. 8 – 10/2 classes		<b>Fitness Week</b> – Pulse check, Heart rate <b>STATION work.</b>
Jan. 11 – 23/5 classes		<b>Wall Climb</b> – safety, trust, bouldering, and high wall (helmets/harnesses).
Jan. 24 – Jan 26/2 classes		<b>CURLING</b> Games and instruction inside
Jan. 29 – Feb. 7/4 classes		<b>Winter OLYMPIC GAMES prep (WEDNESDAY, FEB. 7<sup>TH</sup>) – including Snowshoes</b>
Feb. 12 – Feb. 21/4 classes		<b>Jump Rope</b> – Basic Safety, technique, tricks and routine.
Feb. 22 – Mar 2/4 classes		<b>Lacrosse</b> – trap, scoop, pick ups, cradling and shooting. <b>Teacher Convention Feb. 8/9<sup>TH</sup>.</b>
Mar 5 – Mar.15/5classes		<b>Basketball</b> – skill building.
Mar 16– Mar. 22/3 classes		<b>REBOUNDER GAMES</b> – Floor Line/Hoop/EZ Rebounder – skills and games <b>PLAY 4 LOVE OR MONEY</b>
April 4 – April 6/3 classes		<b>Wrestling</b> – Fun combative games and activities
April 9 – April 19/6 classes		<b>Gymnastics</b> – <b>STATIONS</b> – floor, balance, springs, landings, rotations & apparatus work.
April 23 – April 27/4 classes		<b>Mission Impossible !!!!!!!</b>
April 30 – May 4/3 classes		<b>Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 7 – May 11/3 classes		<b>Rugby</b> –passing, teamwork and games. <b>Grade 3’s – SOCCER CLINIC PREP.</b>
May 14 – May 24/6 classes		<b>Track &amp; Field - DIV. 2 Track DAY at Fowler Track</b> – Thursday, May 24 <sup>th</sup> !
May 28 – June 8/6 classes		<b>BIKE SKILLS Unit</b> – Helmets, safety, riding skills and road signals. <b>GR. 3 TRACK DAY – FRIDAY, JUNE 1<sup>ST</sup></b>
June 11 – June 22/6 classes		<b>Dino Dodge Ball Day</b> – June 22 <sup>nd</sup> . <b>Play Capture Flag &amp; Kickball &amp; FUN DAY Prep!</b>

<b>DATE</b>	<b>TIME</b>	<b>Gr. 5/6 ACTIVITIES</b>
Aug. 30 - Sept. 6/3 classes		<b>Intro Weeks</b> – Lists, Rules, seating, change, shoes, warm-up, signals, Line-ups – <b>FIRE/LOCK. Games &amp; XC Intro</b>
Sept. 8/ <b>FRIDAY</b>		<b>Terry’s Fox National School Run</b> – Sept 8 <sup>th</sup> – Per.4/5. <b>ALSO MM Mini XC Meet</b> – Sept. 7 <sup>th</sup> @ <b>RRUNDLE</b>
Sept. 6 – 15/6 classes		<b>X-C</b> - pulse, pacing, route intro. <b>District XC Run Off – Div 2: Sept 15<sup>th</sup></b>
Sept. 18 – 22/4 classes		<b>Ultimate Frizbee</b> – passing and team play
Sept. 25 – Sept. 29/8 classes		<b>Soccer (WEST field), Tetherball, Bolla Ball &amp; Bocci Ball (East field)</b> – Safety, skills and teamwork
Oct. 2 – Oct. 6/4 classes		<b>Cup Stacking</b> – Technique, relays and tourney!
Oct. 11 – Oct. 27/8 classes		<b>Volleyball</b> – skills (service, bump, set) and rotation, games and strategy. <b>Halloween Activities Oct. 30/31<sup>st</sup>.</b>
Nov. 1 – Nov. 17/8 classes		<b>Floor Hockey</b> - Inside hockey skills/games
Nov. 20 – Nov. 24/4 classes		<b>Hi-Lights WHEEL CHAIR Games</b>
Nov. 27 – Dec. 7/6 classes		<b>HIP HOP Dance Unit</b> - <b>MM SKATE DAY</b> is DEC. 1st
Dec. 8 – 12/2 classes		<b>CHRISTMAS GAMES</b> and <b>“THE 12 DAYS OF FITNESS”</b>
Jan 8 – 12/4 classes		<b>Fitness Week</b> – <b>CIRCUITS/BODY BENDING/OMNIKIN WARM UPS!!</b>
Jan. 15 - 26/8 classes		<b>Wall climbing</b> - safety, trust, bouldering, belaying and climbing skills
Jan. 29- Feb 7/6 classes		<b>Winter OLYMPIC GAMES prep (WEDNESDAY, FEB. 7<sup>TH</sup>) SNOWSHOE/CURLING/GAMES</b>
Feb. 12 – Feb. 16/4 classes		<b>Jump Rope</b> – Basic skills, safety, technique and Demo’s
Feb. 20 – Feb. 27/4 classes		<b>Badminton</b> – skills and game time
Feb. 28 – March 9/6 classes		<b>Basketball</b> – skill building and games
March 12 - Mar. 22/7 classes		<b>Archery</b> – safety and shooting skills
April 4 – April 6/3 classes		<b>Wrestling skills and combative games</b>
April 9 – April 19/6 classes		<b>Gymnastics</b> - pyramid building, apparatus routines
April 23 – April 27/4 classes		<b>Mission Impossible !!!!!!!</b>
April 30 – May 11/8 classes		<b>RUGBY &amp; Crazy Team Games</b> – <b>KAOS, Squirrel Tag, Rampage</b>
May 14 – May 24/7 classes		<b>Track and Field skills prep work for THURSDAY, May 24<sup>th</sup></b> – <b>DIV. 2 Track Day - FOWLER</b>
May 28 – June 8/8 classes		<b>Golf &amp; Kickball Games</b>
June 11 – 22/8 classes		<b>Dino Dodge Ball Day</b> – June 22 <sup>nd</sup> . <b>DISTRICT TRACK – JUNE 27 &amp; FUN DAY – JUNE 28<sup>th</sup>!</b>