



## Program Overview

The Nova Scotia Physical Education curriculum is focused on developing fundamental movement skills through a skills-and-movement-concepts approach. The development of fundamental movement skills is critical to establishing the competence and confidence to participate in many sports and physical activities throughout a person's lifetime.

There are four diverse movement categories that define our physical education curriculum. All outcomes are taught through a balance of experiences within these categories. These categories include dance, educational gymnastics, games, and active pursuits. The outcomes at each grade level for Physical Education include:

- Learners will investigate health-related physical fitness.
- Learners will investigate motivation principles in different types of physical activities.
- Learners will implement fundamental movement skills and movement concepts within dance.
- Learners will implement fundamental movement skills and movement concepts within educational gymnastics.
- Learners will implement fundamental movement skills and movement concepts within games.
- Learners will implement fundamental movement skills and movement concepts within active pursuits.
- Learners will apply decision-making skills to fundamental movement skills and movement concepts during different types of physical activities.
- Learners will apply communication and interpersonal skills during different types of physical activities.
- Learners will investigate the well-being and safety of self and others during different types of physical activities in multiple environments.

## Assessment and Evaluation Strategies for Student Learning

Assessment in Physical Education takes place on an ongoing basis and is a key part of the learning/teaching process. Ongoing assessment of student learning informs students about what they have learned and what they have not yet learned. Additionally it also guides the teaching and instruction of the Physical Educator (e.g. assessment helps determine specific feedback to give students, and helps the Physical Education teacher evaluate students' learning and the physical education program).

Students will be provided with a variety of opportunities and ways to demonstrate their learning and understanding in relation to the curriculum (learning outcomes) for Physical Education. Student learning will be assessed using:

- Conversations with students
- Observations of learning
- Products students create to show their learning throughout the process (e.g. exit slips, projects, etc. )

## Report Cards

Report cards are provided to students/parents three times a year communicating student learning and development of social skills and work habits. Student achievement will be formally reported on in Terms 2 & 3 for Physical Education.

## Expectations for Learning Success

Students are expected to come to Physical Education prepared to participate and be active. Please ensure students have appropriate footwear for PE, and that they come with clothing that is comfortable for them to move in. Also be aware that we will go outside to enjoy activities in all seasons and weather, so students will need weather appropriate clothing on Physical Education Days (e.g. rain jacket, snow pants, snow gloves, etc.). For success in Physical Education students should be prepared to work hard, try their best and be active participants in class. Students are expected to follow the principles of fair play and demonstrate respect while in Physical Education class:

- Model good sportsmanship
- Encourage others and be a team player
- Play by the rules
- Be ready to participate
- Always try your best
- Wear indoor sneakers in the gymnasium
- Put equipment away
- Follow the rules for using the equipment
- Line up to enter/exit the gymnasium

## Communication

Education is a partnership between home and school. We value parent involvement at every level and encourage you to partner with us. To support this partnership, communication from the Physical Education teacher will be provided using the following methods: email, phone calls. Communication from home is always welcome, with emails being the preferred form of communication for Physical Education. If you have any questions or concerns, please contact me by e-mail at: [lycansj@gnspe.ca](mailto:lycansj@gnspe.ca).