

**Teacher Name:** *Meredith Gallinger*  
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**Subject:** *Physical Education*  
**Grade Level:** *Grade 1*

**Course Description:**

In this course, there will be lots of activity and learning using a variety of cooperative games, both inside the gym and outside. Students will be challenged to work together and try new things.

**Course Content:**

<b>Term 1: August 30<sup>th</sup> – November 4<sup>th</sup></b>			<b>20 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>-Cooperative games</li> <li>-Nature walks</li> <li>- gross motor skills: Running, jumping, crawling, skipping, etc</li> <li>-Balancing activities</li> <li>-Indigenous cultural games</li> <li>-Games with balls: catching, throwing, dribbling</li> <li>-team building activities</li> <li>- Aspects of a Healthy Lifestyle (Fitness, Manage Stress, Flexibility/Yoga, etc)</li> </ul>	August 30 <sup>th</sup> – November 4 <sup>th</sup>	<ul style="list-style-type: none"> <li>-Participation-40%</li> <li>-Cooperation-30%</li> <li>- Skill Development 30%</li> </ul>	
<b>Term 2: November 4<sup>th</sup> – February 23<sup>rd</sup></b>			<b>20 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>-Cooperative games</li> <li>-gross motor skills: Running, jumping, crawling, skipping, etc</li> <li>-Indigenous cultural games</li> <li>-Snow shoeing</li> <li>-Skating</li> <li>-Nature walks</li> <li>-Winter games</li> <li>-team building activities</li> <li>- Aspects of a Healthy Lifestyle (Fitness, Manage Stress, Flexibility/Yoga, etc)</li> </ul>	November 4 <sup>th</sup> – February 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>-Participation-40%</li> <li>-Cooperation-30%</li> <li>- Skill Development 30%</li> </ul>	
<b>Term 3: February 24<sup>th</sup> – June 22<sup>nd</sup></b>			<b>60 % of year</b>
<b>Content</b>	<b>Timeline (Dates)</b>	<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>-cooperative games</li> <li>- spring games</li> </ul>	February 24 <sup>th</sup> – June 22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>-Participation-40%</li> <li>-Cooperation-30%</li> </ul>	

-team building activities -Gross motor skills: Running, jumping, crawling, skipping, etc -- Aspects of a Healthy Lifestyle (Fitness, Manage Stress, Flexibility/Yoga, etc)		- Skill Development 30% Participation-40% -Cooperation-30% - Skill Development 30%
<b>RESOURCES USED:</b>	Snow shoes, gym equipment, etc	

\*Course content & timelines may be adjusted as the year progresses to meet the needs of the students\*

**Communication:**

Students will be provided with a minimum of 4 communications throughout the school year.

- October 15<sup>th</sup> – Progress report
- November 20<sup>th</sup> – 1<sup>st</sup> term report card
- March 15<sup>th</sup> – 2<sup>nd</sup> term report card
  - July 10<sup>th</sup> – Final report card

**General Information**

Participation and cooperation is key for your child to do well in Physical education. I don't expect them to be experts at everything, but just be willing to do their best and try.