

Physical Education Curriculum Newsletter

April to June 2021



WE ARE BAZ!

“How can developing resiliency and a positive mindset in Physical Education impact your overall wellbeing for life?”

Our Philosophy

The aim of the Kindergarten to Grade 12 Physical Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

In K—12 Physical Education, from year to year, students continually focus on developing appropriate movement skills suited for their grade level. Students also learn about the ongoing benefits of regular physical activity, how to interact and work with others during play, and the importance of being physically active for life.

Throughout a student's time at Ian Bazalgette School, the term 'resilience' will be spoken of commonly. Physical Education is a time where fun, healthy activity and relationships are encouraged and developed. However, there may be classes when difficult situations may arise. Physical Education will focus on developing the appropriate skills and responses to these situations. In return, students will be able to cope, overcome, and thrive not only in a school setting but in the real world, as well.

Grade 6 Essential Question → How does resilience affect the evolution of society and the environment?

In grade 6 PE we will continue to explore resilience through examining how lifelong physical activity can affect our personal wellness, society and our environments. As student's develop skills necessary to stay active into their adult lives they begin to make different choices. These choices have a natural way of affecting all other areas of our lives. We want our students here at Ian Bazalgette to be able to make choices that will create a positive impact on the society and their environment. This learning will be evident through the final reflective assignment as they connect their learning of skills to the impact of Physical and Health Education on society and the environment.

Grade 7 Essential Question → How can I identify and show resilience in my local, National, and Global Community?

In Grade 7 PE we will continue to explore the perspectives of resilience through the progress we take toward lifelong physical activity. When we make choices about our physical wellness it will impact our overall wellness. Individual wellness has implications on our society at local, National and Global levels through indicators related to healthcare, productivity, and quality of life. As we consider resilience we will take a +1 approach to physical wellness that will inspire students to make positive changes that will result in improved life outcomes. This learning will be evident through the final reflective assignment as they connect their learning of skills to the impact of Physical and Health Education on their local, National and Global community.

Grade 8 Essential Question → How have advancements throughout history impacted cultural resilience?

In Grade 8 PE we will continue to explore lifelong physical activity from the perspective of advancement. Historically, scientific knowledge has developed our understanding of physical fitness related to mental health and overall quality of life. Our consideration of the advancements throughout history related to physical wellness will underscore the benefits of Physical Education for human resilience as we live longer, more independent lives. Students will explore movement, dance, games, and athletics to build their capacity for physical activity and improve their opportunities for overall life success. This learning will be evident through the final reflective assignment as they connect their learning of skills to the impact of Physical and Health Education on the history that they are contributing to now.

Grade 9 Essential Question → How can we demonstrate resilience as we experience transitions in our lives, society and the environment?

In grade 9 PE we will continue to explore resilience through examining how being physically active for life can positively affect how we live our lives, how we act in society and how we treat our environment. The final year before high school is a time of change for our Ian Bazalgette students and we want them to move into high school confident that they can take on that challenge with a calm and collected demeanor. Students will examine different individual skills to help them cope with stress and develop a strong wellness practice that can support them throughout their lives. This learning will be evident through the final reflective assignment as they connect their learning of skills to the impact of Physical and Health Education on the transitions that they face now and the transitions impacting society and the environment.

Health

Throughout our last trimester in all classes we will be completing the Health curriculum as part of our weekly lessons. We will continue to engage students in activities to further develop their understanding about Safety and Responsibility, Relationship Choices and Understanding Feelings. Students will be encouraged to demonstrate resiliency through their participation in discussions and looking at various scenarios throughout the number of Health topics that will be

covered. Through students understanding of these topics, they will work towards showing resiliency and a positive mindset during their time in Health.

Assessment

The teacher will utilize a variety of formative and summative assessment tools to assess student achievement. Students will be provided with various opportunities to demonstrate their knowledge, skills, attitudes and learning. Students will be given feedback often, along with opportunities to improve. Assessment will be showcased through a culminating activity that demonstrates what skills students have learned during whole school year as they work through the last trimester. This reflective assignment will provide student voice for them to highlight their greatest success for Physical and Health Education this school year.

Technology

Students will use D2L Brightspace to access assignments and other important information.