



**ÉCOLE DUNRAE GARDENS SCHOOL**

235 Dunrae Avenue, Mont Royal, Québec, H3P 1T5 Tel: 514 735-1916 Fax: 514 735-7051  
www.emsb.qc.ca/dunraegardens

<b>Service ou sujet:</b>	<b>ÉDUCATION PHYSIQUE ET À LA SANTÉ</b>
<b>Enseignante(s) ou enseignant(s):</b>	<b>Luce Demers &amp;</b>
<b>Cycle et niveau enseignés :</b>	<b>K-6</b>
<b>Année scolaire:</b>	<b>2019-2020</b>

<b>1ère étape (20%)</b>
<i>Échéancier: 3 septembre 2019 au 14 novembre 2019</i>
<b>2<sup>e</sup> étape (20%)</b>
<i>Échéancier: 15 novembre 2019 au 14 février 2020</i>
<b>3<sup>e</sup> étape (60%)</b>
<i>Échéancier: 17 février 2020 au 23 juin 2020</i>
<b>Compétences ciblées:</b> <ul style="list-style-type: none"><li>○ Agir dans divers contextes de pratique d'activités physiques</li><li>○ Interagir dans divers contextes de pratique d'activités physiques</li><li>○ Adopter un mode de vie sain et actif</li></ul>
<b>Modalités d'évaluation: Formative &amp; Sommative</b> <ul style="list-style-type: none"><li>○ SAÉ</li><li>○ Tests</li><li>○ Projets (cahier d'élève)</li><li>○ Activités en classe (petit ou grand groupe)</li><li>○ Participation en classe</li></ul>
<b>Communication aux élèves et aux parents</b> <ul style="list-style-type: none"><li>○ Tous les messages envoyés aux parents sont écrits dans l'agenda de l'élève.</li><li>○ Les parents sont incités à nous envoyer leurs messages dans l'agenda de l'élève.</li><li>○ Bulletin</li><li>○ Conférence avec l'élève</li><li>○ "Progress Report"</li></ul>
<b>Matériaux/Routines/Autre:</b>

**PHYSICAL AND HEALTH EDUCATION PROGRAM**

## 2019 - 2020

***The Physical and Health Education Program*** is guided by the MEQ guidelines and by personal experience. The program is designed to help students develop the physical, intellectual, emotional and social competencies that lead to confidence and participation in a physically active lifetime.

At Dunrae Gardens your child will have physical education twice a week for 60 minutes with the exception of kindergarten, who will have two 30 minutes period per week. The program has been designed to focus on two major movement contexts and on sensitizing students to the value of a physically active and healthy lifestyle:

### **Movement skills in different physical activity settings:**

Using themes of body mobility and physical exertion, the program helps students increase control and awareness of their body. In early grades, for example, the program emphasizes the variety of ways we travel (e.g. running, skipping, hopping, etc.), changes of directions and speeds, and different ways to balance, jump and land. Basic motor skills such as throwing, kicking, volleying, and striking with a racket are also taught in the early grades. Cycle 3 students will get to refine their motor skills through a variety of learning and evaluation situations, including fitness and conditioning, circus and badminton.

### **Interact with others in different physical activity settings:**

Here we will work on the themes of cooperation, opposition and expression in order to gain awareness, adaptation and control of the body in locomotor movement, in object manipulation, and in the development of communication. In the upper grades the children are taught how to use their fundamental skills in games and sports (basketball, fielding games), circus and gymnastics skills, and various forms of rhythmical movement.

### **Adopt a healthy physically active lifestyle:**

Here we look at the links between our life habits and our well-being. Strategies to improve one's health through physical activity, nutrition, and wise decision making are discussed in class.

As teachers we recognize that children are at different developmental levels, with a variety of needs and interests. Each lesson is also adjusted to take into account the wide range of skill and fitness levels that characterizes children in elementary school.

Finally, different outings and special events are planned for all cycles to complement the Phys. Ed. Program. The objective of these outings are to provide an opportunity for the student to experience an activity outside of the regular school setting, learn and apply newly developed skills, socialize with students from different schools and provide an opportunity to stay active.

I am very proud of the Physical Education Program at Dunrae Gardens and am looking forward to being your child's physical education teacher this year.

Sincerely,

Luce Demers  
Physical Education Specialist  
Dunrae Gardens