



Jackman ICS Health and Physical Education

The goal of the Health and Physical Education curriculum at Jackman ICS is to enable students to develop their movement skills, health-related fitness, and understanding of what it means to live an active and healthy lifestyle. It is through child-centered instruction based on students' needs and interests that the program aims to instil confidence in students to participate actively and think critically about movement and health. The H&PE Program emphasizes respect, sportsmanship, safety and working towards personal bests as a way of fostering development of student physical literacy.

Nursery, JK, SK

The Health and Physical Education program in the Early Years will focus on students' exploration of physical movement abilities. It is through play that students will develop an awareness and appreciation for the different ways their bodies can move and recognize healthy behaviours. Students will develop a sense of autonomy in their learning through being encouraged to move in imaginative and creative ways. Students will explore a variety of physical movement concepts relating to safe movement through space as well as movement relationships with objects. Through participating in routines such as responding to signals, sharing, taking turns, and more, students will come to understand how to safely engage in a physical activity setting. We will be working on different traveling methods such as hopping, skipping, galloping, and leaping. Students will develop their rolling, throwing and catching skills, sense of balance, as well as creative movements through dance and music.

Grades 1 – 3

The Health and Physical Education program in the Primary Grades will focus on student exploration and discovery of new and efficient ways to perform a variety of fundamental movement skills. Through engaging in a variety of tag games, ball games and fitness related activities, students will work towards competency in a variety of fundamental skills such as running, jumping, chasing and dodging, sending and receiving objects, and balance. Students will also identify important health related behaviours while engaging in physical activity such as warming-up, stretching, and assessing physical signs of exertion. In the Primary P.E. program, we will explore our understanding of what it means to cooperate with others and develop the social skills and confidence required to work effectively in a group. At this stage of development, focus is placed on facing challenges with a positive attitude and students discuss strategies used to cope with frustrations.

Grades 4 – 6

The Health and Physical Education program in the Junior Grades will offer opportunities for students to refine and extend a variety of movement skills and think critically about healthy choices. Through movement tasks and challenges in the Junior Grades, students will develop a deeper level of control and utilization of the skills required to participate confidently in target, striking, net and territorial games, gymnastics and fitness activities. Health related fitness activities which focus on flexibility, muscular

strength, and cardiovascular endurance will be addressed throughout the year. Students will engage in collaborative discussions of movement concepts to help develop strategies and techniques. Additionally, students will have the opportunity to exhibit effective leadership, decision making, and inclusion through the creation and demonstration of their own games and routines.

Michael Martins - michael.martins@utoronto.ca

HEALTH AT JACKMAN ICS

The Health Curriculum at Jackman ICS aims to develop student understanding of concepts and factors that contribute to health and wellness. Through critically thinking about nutrition, eating habits, personal safety, anatomy, and growth, students are encouraged to make reasoned decisions relating to their well-being. Health Curriculum at Jackman ICS is taught in developmentally appropriate ways which includes integration throughout the everyday life of each child at school, as well as more explicit learning opportunities presented in focussed lessons. Health is addressed through a team approach with classroom teachers, specialty teachers, and administration. In addition to applying knowledge by making healthy choices, connections to the health and wellness of others will be a focus. Taking a holistic perspective of wellness will facilitate student learning of the social, emotional, spiritual, and physical aspects of health.

TIMES FOR H&PE

Please refer to the schedule below for your child's Phys. Ed. times:

Nursery – Mondays, Tuesdays, and/or Fridays

JK – Mondays and Thursdays

SK – Mondays and Fridays

Grade 1 – Mondays, Tuesdays, and Fridays

Grade 2 – Tuesdays, Wednesdays, and Fridays

Grade 3 – Tuesdays, Wednesdays, and Fridays

Grade 4/5B – Mondays, Tuesdays, and Thursdays

Grade 4/5Z – Mondays, Thursdays, and Fridays

Grade 6 – Tuesdays, Wednesdays, and Thursdays

Please ensure your child has appropriate footwear for physical activity on their P.E. day!

Furthermore, Jackman ICS is happy to offer the following extra-curricular opportunities to certain grades throughout the year in the form of before/after school practices, or drop-in intramural programs:

- Cross Country
- Basketball
- Volleyball
- Badminton
- Track & Field