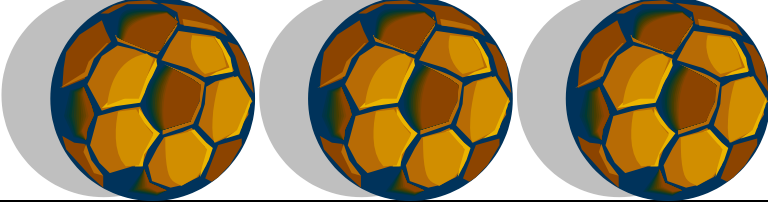


Grade: 3-6
Teacher: Sergio Barbosa
Plan for Learning

Date: April 13 – March 1		
		Core competencies The students will be focusing on developing the highlighted skills throughout all areas of learning this week
Physical Education		Communicating <ul style="list-style-type: none"> ○ Listening and responding ○ Speaking purposefully ○ Reading and responding ○ Writing ○ Non-verbal cues Collaborating <ul style="list-style-type: none"> ○ Cooperating, working collectively, sharing ideas and resources ○ Encouraging, including and supporting others ○ Group decision making
Description: The main goal for this P.E unit is to give students the opportunity to take part in fun physical activities while at home. We want our students to be healthy both physically and mentally.		
<u>Understand</u>		
Big Ideas: <ul style="list-style-type: none"> • Adopting healthy personal practices and safety strategies protects ourselves and others • Knowing what we enjoy doing and knowing about our opportunities to participate in those activities helps us develop an active lifestyle • Daily physical activity enables us to practice skillful movement and helps us develop personal fitness. 	Essential Questions: Why should we keep ourselves active during this time? How can we keep fit while at home? How can exercise keep our minds healthy?	Personal awareness and responsibility (Self-Management) <ul style="list-style-type: none"> ○ Time management ○ Organisation ○ Setting goals for learning ○ Self-Advocating, seeking help when in need ○ Accepting responsibility ○ Self-regulation ○ Making informed choices ○ Well-being, staying healthy and active
<u>Do</u>		
Curricular Competencies: <ul style="list-style-type: none"> • Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments • Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community • Participate daily in physical activity at moderate to vigorous intensity levels 	Laser maze project Hand and foot jump game These projects will help students find new way of being active while having fun. Class discussions will include the positive aspects of exercise, our mental health and the challenges of, and opportunities for physical activity at home Home workout plans: From our discussions, we will be planning a workout routine to implement in order to stay fit while at home.	Positive personal and cultural identity <ul style="list-style-type: none"> ○ Understanding relationships and cultural contexts ○ Recognising personal values and choices ○ Identifying personal strengths and abilities Social awareness and responsibility <ul style="list-style-type: none"> ○ Respecting others ○ Resolving conflict ○ Building relationships ○ Adapting a variety of roles ○ Recognising diversity Thinking Skills Creative thinking <ul style="list-style-type: none"> ○ Generating ideas and building on ideas of others ○ Creating and innovating ○ Evaluating and developing Critical and reflective thinking <ul style="list-style-type: none"> ○ Analysing and critiquing ○ Questioning and investigating ○ Reflecting and assessing Research Skills <ul style="list-style-type: none"> ○ Formulating questions

Know		<ul style="list-style-type: none"> ○ Observing ○ Planning ○ Collecting data ○ Recording data ○ Organizing data ○ Interpreting data ○ Presenting research
<p>Curricular Content:</p> <ul style="list-style-type: none"> • proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills • movement concepts and strategies • how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games 	<p>The activities performed in class will help students develop ideas for new movement concepts and strategies to include in their workout plans</p> <p>Further projects assigned in PHE will allow students the chance to participate in individual and dual activities to help them develop fine and gross motor skills.</p>	
<p>Required Resources and Materials:</p> <ul style="list-style-type: none"> • String • Tape • Computer with access to internet • Microphone / web cam • Paper • Pen/pencils • Area to do exercise safely 		
		<p><u>Class discussions while on Google hangouts. Respecting everyone's right to learn</u></p>