

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Pre-K</b>	<p><b>Locomotor Skills Development &amp; Game Management</b></p> <p>Students will develop fundamental Locomotor skills through various games and activities (running, jumping, skipping vs. balance, twisting, swinging, bending)</p> <p>Students will learn the concept of space awareness and explore different equipment that make up variety of games. Students will also learn the rules and why there are different rules to each game.</p> <p>Activities: Team Games, Station Activities</p>	<p><b>Locomotor Skills Development &amp; Game Management Cont'd</b></p>	<p><b>Locomotor Skills Development &amp; Game Management Cont'd</b></p>	<p><b>Gymnastics/ Non-Locomotive Skills</b></p> <p>Students will also explore the different actions and shapes their bodies can make. Non-Locomotive skills will be learned (curling, bending, balance, twisting, rolling)</p> <p>Practice a sequence of movements with body actions and body parts with beginning, middle and end. Students will also apply gross motor skills into their movements (running, hopping, leaping, skipping, sliding)</p> <p>Activities: Letters, Simple gymnastics moves, Dance</p>	<p><b>Gymnastics/ Non-Locomotive Skills Cont'd</b></p>	<p><b>Adventure Challenge</b></p> <p>Students will apply their motor skills into team building activities and basic obstacles courses to test their abilities</p> <p>Activities: Obstacle courses, Ball Skills, Relays</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Kindergarten</b>	<p><b>Games Unit</b></p> <p>Students will develop their motor skills through different individual and team games</p> <p>Keywords: Throwing &amp; Catching, Kicking, Following the rules</p> <p>Activities: Modified Throwing &amp; Catching Games, Modified Football, Motor Skill development activities</p>	<p><b>Adventure Challenge</b></p> <p>Students will be introduced to different obstacle challenges that requires teamwork and cooperation amongst their peers</p> <p>Keywords: Challenge, Teamwork</p> <p>Activities: Skills challenge, Relay challenge</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of healthy active living through learning different exercises and foods to eat that benefits their health.</p> <p>Keywords: Exercise, Healthy foods</p> <p>Activities: Dynamic exercises, Food Relay games challenges (Fruits, Vegetable, Meat, Sweets)</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to prepare themselves in individual races and team challenges for Sports Day.</p> <p>Keywords: Effort, Participation, Fun</p> <p>Activities: Sprints, bean bag throw, Mini hurdles, Team games</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn basic flexibility and balance movements. They will create a simple balance routines with the basic movements they've learned</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Balance, Yoga, Dance</p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in all three strokes.</p> <p>Keywords: Coordination, rhythm</p> <p>Activities: Freestyle, Backstroke, Breastroke</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Grade 1</b>	<p><b>Games Unit</b></p> <p>Students will learn to play different team games and develop motor skills and learn rules required to participate in team games.</p> <p>Keywords: Throwing &amp; Catching, Kicking, Following the rules</p> <p>Activities: Modified Throwing &amp; Catching Games, Modified Football, Motor Skill development activities</p>	<p><b>Adventure Challenge</b></p> <p>Students will be introduced to individual and team challenges. They will learn basic problem-solving skills through the different obstacles.</p> <p>Keywords: Challenge, Teamwork</p> <p>Activities: Skills challenge, Relay challenge</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of healthy active living through learning different exercises and foods to eat that benefits their health.</p> <p>Keywords: Exercise, Healthy foods</p> <p>Activities: Dynamic exercises, Food Relay games challenges (Fruits, Vegetable, Meat, Sweets)</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to prepare themselves in individual races and team challenges for Sports Day.</p> <p>Keywords: Effort, Participation, Fun</p> <p>Activities: Sprints, bean bag throw, Mini hurdles, Team games</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn basic flexibility and balance movements. They will create a simple routine with the basic movements they've learned</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Balance, Yoga, Dance</p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in all three strokes.</p> <p>Keywords: Coordination, rhythm</p> <p>Activities: Freestyle, Backstroke, Breaststroke</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Grade 2</b>	<p><b>Games Unit</b></p> <p>Students will be introduced to different team games and the importance of working in teams and rules of each game</p> <p>Keywords: Teamwork, Rules, Throwing &amp; Catching, Kicking</p> <p>Activities: Invasion Games (Modified basketball, soccer, capture the flag, Yuki Gassen)</p>	<p><b>Adventure Challenge</b></p> <p>Students will use critical-thinking skills to complete simple individual and team challenges and obstacles</p> <p>Keywords: Collaboration, problem-solving, critical thinking</p> <p>Activities: Relay obstacles, Simple blindfold exercises</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of living a healthy lifestyle and learn about the different exercise to maintain a healthy lifestyle</p> <p>Keywords: Healthy, Cardiovascular exercise, Strength exercise, Healthy food choices (food groups)</p> <p>Activities: Running, cycling, Basic body weight exercise (sit ups, pushups)Basic food groups (food pyramid)</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to improve their individual skills and experiences to prepare for Sports Day.</p> <p>Keywords: Skill improvements, setting goals, learning rules</p> <p>Activities: Sprints, bean bag throw, Long jump, Mini Hurdles, Team games</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn basic flexibility and balance movements. They will learn to refine or create a sequence of aesthetic movements that includes flexibility, balance with their partners.</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Balance, Yoga, Dance</p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in competitive swimming to prepare them for the swimming gala.</p> <p>Keywords: Coordination, rhythm, Starts &amp; finishes</p> <p>Activities: Freestyle, Backstroke, Breaststroke, Relay</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Grade 3</b>	<p><b>Invasion Games</b></p> <p>Students will be introduced to different invasion games that requires different skills and teamwork. Students will also learn the importance of applying rules in different games</p> <p>Keywords: Manipulating space, modifying games, understanding rules</p> <p>Activities: Invasion Games (touch rugby, basketball, hockey, football, modified ultimate)</p>	<p><b>Adventure Challenge</b></p> <p>Students will use critical-thinking skills to complete individual and team challenges/obstacles. Students will also learn to collaborate to create different obstacles for their peers to overcome.</p> <p>Keywords: Collaboration, problem-solving, critical thinking</p> <p>Activities: Blindfold obstacles, Team challenges (relay, problem-solving)</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of living a healthy lifestyle and learn about the different exercise to maintain a healthy lifestyle</p> <p>Keywords: Healthy, Cardiovascular exercise, Strength exercise, Healthy food choices (food groups)</p> <p>Activities: Running, cycling, Basic body weight exercise (sit ups, pushups) Basic food groups (food pyramid)</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to improve their individual skills and experiences to prepare for Sports Day.</p> <p>Keywords: Skill improvements, setting goals, learning rules</p> <p>Activities: Sprints, Distance running, Shot put, Long jump, High jump, Relay</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn basic flexibility and balance movements. They will learn to refine or create a sequence of aesthetic movements that includes flexibility, balance with their partners.</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Balance, Yoga, Dance</p> <p><b>*Collaborate with Arts and POI How we Express Ourselves</b></p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in competitive swimming to prepare them for the swimming gala.</p> <p>Keywords: Coordination, rhythm, Starts &amp; finishes</p> <p>Activities: Freestyle, Backstroke, Breaststroke, Relay</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Grade 4</b>	<p><b>Invasion Games</b></p> <p>Students learn skills and strategies for different team games. They will learn to work in teams to learn the rules and referee the different games</p> <p>Keywords: Manipulating space, modifying games, creating new games.</p> <p>Activities: Invasion Games (touch rugby, basketball, hockey, football, ultimate frisbee)</p>	<p><b>Adventure Challenge</b></p> <p>Students will use critical-thinking skills to complete individual and team challenges/obstacles. Students will also learn to collaborate to create different obstacles for their peers to overcome.</p> <p>Keywords: Collaboration, problem-solving, critical thinking</p> <p>Activities: Blindfold obstacles, Parkour, Team obstacles (relay activities)</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of living a healthy lifestyle and learn about the different exercise to maintain a healthy lifestyle</p> <p>Keywords: Healthy, Cardiovascular exercise, Strength exercise, Healthy food choices (food groups)</p> <p>Activities: Running, cycling, HIIT, Body weight exercise, learning the food groups</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to improve their individual skills and experiences to prepare for Sports Day.</p> <p>Keywords: Skill improvements, setting goals, learning rules</p> <p>Activities: Sprints, Distance running, Shot put, Long jump, High jump, Relay</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn different flexibility and balance movements. They will learn to refine or create a sequence of aesthetic movements to communicate feelings, emotions and ideas</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Team balance, Yoga, Martial Arts, Dance</p> <p><b>*Collaborate with Arts and POI How we Express Ourselves</b></p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in competitive swimming to prepare them for the swimming gala.</p> <p>Keywords: Coordination, rhythm, Starts &amp; finishes</p> <p>Activities: Freestyle, Backstroke, Breaststroke, Relay</p>

	<b>Block 1 Aug 17 - Sep 23</b>	<b>Block 2 Sep 26 - 18 Nov</b>	<b>Block 3 21 Nov - 13 Jan</b>	<b>Block 4 Jan 16 - Mar 3</b>	<b>Block 5 Mar 6 - May 5</b>	<b>Block 6 May 8 - Jun 23</b>
<b>Grade 5</b>	<p><b>Invasion Games</b></p> <p>Students will develop skills and strategies for different team games. They will learn to organize and referee their own games.</p> <p>Keywords: Manipulating space, modifying games, creating new games.</p> <p>Activities: Invasion Games (touch rugby, basketball, hockey, football, ultimate frisbee)</p>	<p><b>Adventure Challenge</b></p> <p>Students will use critical-thinking skills to complete individual and team challenges/obstacles. Students will also learn to collaborate to create different obstacles for their peers to overcome.</p> <p>Keywords: Collaboration, problem-solving, critical thinking</p> <p>Activities: Blindfold obstacles, Parkour, Team obstacles (relay activities)</p>	<p><b>Health &amp; Related-Fitness</b></p> <p>Students will learn the importance of living a healthy lifestyle and learn about the different exercise to maintain a healthy lifestyle</p> <p>Keywords: Healthy, Cardiovascular exercise, Strength exercise, Healthy food choices (food groups)</p> <p>Activities: Running, HIIT workouts, cycling, Bodyweight exercise, Weights, learning the food groups</p>	<p><b>Individual Pursuit - Athletics</b></p> <p>Students will learn to develop and acquire skills to improve their individual and team athletics events to prepare for Sports Day.</p> <p>Keywords: Skill improvements, setting goals, learning rules</p> <p>Activities: Sprints, Distance running, Shot put, Long jump, High jump, Relay</p>	<p><b>Gymnastics - Movement Composition</b></p> <p>Students will learn different flexibility and balance movements. They will learn to refine or create a sequence of aesthetic movements to communicate feelings, emotions and ideas</p> <p>Keywords: Movement, creativity, communication</p> <p>Activities: Gymnastics, Yoga, Martial Arts, Dance</p> <p><b>*Collaborate with Arts and POI How we Express Ourselves</b></p>	<p><b>Individual Pursuit - Swimming</b></p> <p>Students will develop and refine skills in competitive swimming to prepare them for the swimming gala.</p> <p>Keywords: Coordination, rhythm, Starts &amp; finishes</p> <p>Activities: Freestyle, Backstroke, Breaststroke, Relay</p>