

St. Edmund Elementary **School**

Physical Education **Dept.**



Mrs. Patricia Carroll

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Philosophy:

The main goal of the Physical Education program is to encourage students to develop and improve their physical, mental, social and emotional wellbeing through physical activities.

Class minutes / schedule:

All students receive 2 physical education classes per week. The minutes per grade are as follows:

Kindergarten: 60 minutes

(2 x 30 min)

Grades 1 and 2:

120 minutes

Grades 3 – 6:

120 minutes

Units:

Each class can expect to have 1 fitness oriented lesson per week and 1 game / sport oriented lesson per week.

Classes are held both indoor and outdoor, and older students often work together with younger students.

Fitness oriented lessons include circuit training, running, yoga, video aerobics,

dance, beep test, muscular endurance, strength training, etc.

Game / sport oriented lessons include basketball, hockey, soccer, Omnikin, handball, volleyball, ultimate frisbee, etc.

Tournaments:

Students at St. Edmund have the opportunity to participate in the following tournaments each year:

1. Ultimate Frisbee (grade 6)
2. Cross Country Running (grades 4 – 6)
3. Volleyball (grade 6)
4. Basketball (grade 6)
5. Grade 5 Soccer Tournament
6. Track and Field (grades 4 – 6)
7. Duathlon (cycling and running) (k – 3)
8. Cross Country Run (grade 1-2)

Intramurals:

Intramurals are run during recess year round. Sports and activities will be open to all that would like to participate.

Dress Code

Students must wear proper running shoes, t-shirt and shorts or sweatpants.