

PHYSICAL EDUCATION PROGRAM



Our physical education program aims to provide an atmosphere in which students can strive to achieve their own personal potential and improve and develop their physical, social-emotional, and intellectual development through different physical activities.

Class Time

The physical education program at Beacon Hill focuses on a wide range of individual and group/team activities. Individual activities include cross-country running, The Canada Fitness Program, cross-country skiing, and snowshoeing, while team activities include volleyball, handball, ultimate Frisbee, curling, soccer, tchoukball and basketball.

We have a strong outdoor physical education program where students have one physical education class per week outside.

Students need to be properly dressed for outdoors as they participate in many different games and activities from September right through until June.

From Kindergarten all the way to Grade 6 students learn about respect, fairness, sportsmanship, teamwork and responsibility through cooperative games, individual *activities*, and *team sports*.

Class Minutes Per Week

Kindergarten: 60 minutes per week

1 30-minute period

1 30-minute period of Outdoor Phys. Ed

Grade 1 - 3: 120 minutes per week

3 30-minute periods

1 30-minute period of Outdoor Phys. Ed

Grade 4 – 6_ 120 minutes per week

2 45-minute periods

1 30-minute period of Outdoor Phys. Ed

TOURNAMENTS AND ACTIVITIES

The students at Beacon Hill attend and participate in many tournaments throughout the year.

Ultimate Frisbee – Grade 5

Handball – Grade 6

Cross Country Run – Grades 4,5 & 6

Volleyball – Grade 6

Curling – Grade 3

Cross Country Ski Loppet – Grades 4,5 & 6

Triathlon (ski, snowshoe, skate) – Grade 5

Downhill Ski Trip (Mt. Rigaud) – Grades 5 & 6

Tchoukball – Grade 6

Jr. Cross Country Run – Grades K,1,2 & 3

Track and Field – Grades 4, 5 & 6

Hike and Bike – Grade 5

Intramural Pilo Polo League

Pilo Polo is played during lunchtime throughout the year. Students in Grades 4, 5 and 6 are eligible to participate in the League and Grade 6 students are eligible to referee, score keep, and time keep the games. Pilo Polo is like playing indoor broomball or hockey with 2 nerf balls and giant nerf polo sticks.

94% of the students get involved as it's an easy game to learn and play, not to mention it's a whole lot of FUN!

The first season starts in September and finishes in December with the "Finals" played in front of the entire school! The second season starts in January and ends at the end of April.

