



## **Physical Education**

### **Ms. Silva**

I would like to welcome everyone back to the world of physical education. The students in Grades 3-5 will be starting off the year in a Cooperative Activities Unit. Lifetime skills such as cooperation and teamwork are emphasized. Students will learn how individual efforts combine to help the team accomplish goals. It will give students the opportunity to work together, struggle, deal with failure, and master the problems set before them. Successful team building includes listening, encouraging, praising, receiving praise and speaking clearly. Team building also provides a positive self-concept, learning different roles, developing team communication, decision making, and learning by taking risks.

Grades K-2 will be in an Equipment Safety & Cooperative Activities Unit. They will be learning through different activities to demonstrate the safe and appropriate use of equipment (for example scooter safety). Also, they will learn to demonstrate an understanding of moving safely in general space and cooperatively working together.

**Please make sure that your child is prepared for physical activity on their scheduled physical education days.** Please look for your child's class to see what letter days they have physical education.

#### **B & D days**

Gr.5/Bandarra  
Gr.4/Lopes  
Gr.3/Perry  
Gr.1/Taylor  
Kdgn/Bourgeault  
Gr.2/Gubler

#### **C & F days**

Gr.5/Camara  
Gr.4/Lincoln  
Gr.3/Castelo  
Gr.1/Kennedy  
Kdgn/Darling  
Gr.2/Carney

#### **E & G Days**

Gr.5/Matos  
Gr.4/Peixoto  
Gr.3/Thomas  
Gr.1/Turner  
Kdgn/Frazier  
Gr.2/Whitehead