

CYCLE II - Programme d'éducation physique et sportive- Physical Education program

1 st -2 nd grade Cycle I Periods:	Performance Skills	Adapting movement to different types of environment	Individual and team activities involving cooperation and opposition	Creating and performing expressive, artistic or aesthetic activities
1-September/October	-Tag games (running fast, fleeing, chasing, dodging, negotiating obstacles) -Understanding spatial awareness, loco motor skills, movement concepts		-Manipulative (bean bags; throwing, catching, balancing on body parts) -Parachute Activities (cooperative and fitness skills)	
2- November/December	-Tag games (running fast, fleeing, chasing, dodging, negotiating obstacles) -Understanding spatial awareness, loco motor skills, movement concepts		-Parachute Activities (cooperative and fitness skills) -Manipulative (hula hoops; hula hooping, jumping, rolling, spinning) -Throwing, Catching and Rolling skills using yarn balls, Frisbees and playground balls (throwing far)	
3-January/February	-Tag games (running fast, fleeing, chasing, dodging, negotiating obstacles) -Understanding spatial awareness, loco motor skills, movement concepts		-Striking with short handled implements (Racquets and Paddles) <i>Level 1</i> -Striking with foot (dribbling, trapping, passing, punting; intro to soccer) <i>Level 1</i> -Jumping, Landing and Cooperation using long and short jump ropes	Tumbling, stunts, gymnastics skills (Level 1)
4-March/April	Track and Field Activities <i>Level 1</i> (long jump, sprinting, negotiating obstacles while running)	Swimming (Level 1)	-Manipulative (dribbling and volleying skills; introduction to basketball and volleyball) <i>Level 1</i> -Striking with long-handled implements (baseball bats and tees; introduction to softball) <i>Level 1</i>	
5-May/June	Track and Field Activities <i>Level 1</i> (sprinting, endurance running)	Orientation on a field with markers		Rhythm and Dance Activities (Level 1)