

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

3 rd -5 th grade Cycle III 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) -Fitness activities (cardiovascular, muscular, flexibility)		- Cooperation and team building activities -Parachute Activities (cooperative and fitness skills)	
2-November/December	-Tag games (running fast, fleeing, chasing, dodging, negotiating obstacles) -Fitness activities (cardiovascular, muscular, flexibility)		-Throwing and catching using flying discs <i>Level 1</i> ; introduction to ultimate Frisbee (small sided games) -Striking with foot soccer skills <i>Level 2</i> ; dribbling, passing, shooting, punting; mini games football; punting	
3-January/February	-Tag games (running fast, fleeing, chasing, dodging, negotiating obstacles) -Fitness activities (cardiovascular, muscular, flexibility)		-Striking with short handled implements <i>Level 2</i> (Racquet skills and small sided games) -Basketball skills <i>Level 2</i> (ball handling, dribbling, passing, shooting activities)	Tumbling, stunts, gymnastics skills, combative (Level 2)
4-March/April	Track and Field Activities <i>Level 2</i> (long jump, sprinting, throwing far)		-Striking with long-handled implements <i>Level 2</i> (baseball bats, tees, and hockey sticks); small sided baseball and hockey games	
5-May/June	Track and Field Activities <i>Level 2</i> (sprinting, endurance running, negotiating obstacles while running)	Orientation activities: locating several markers in a semi-natural setting, using a map	Volleying skills <i>Level 2</i> (bumping, passing, setting; small sided games)	Rhythm and Dance Activities (Level 2)