

PHYSICAL EDUCATION - K1

Practicing skills to become lifelong movers

Our program emphasizes the holistic well-being of every student. We strive to create a safe and inclusive environment for all, enabling children to develop healthy relationships, take ownership of their learning experience, and reflect on their actions. The PE program promotes growth by allowing students every possibility to learn and explore the diverse aspects of movement in a non-traditional, fun, and engaging environment creating a community of learners with a growth mindset.



PE YEAR OVERVIEW AND UNITS

K1 students experience a wide range of physical activities throughout the year. Our units are based on specific movement outcomes, which provide students with the foundational movement skills needed for successful participation in a variety of physical activities. Each unit addresses a grade-specific benchmark related to movement, understanding, and personal & social skills.

BODY AWARENESS

- Gymnastics
- Climbing
- Creative Movement
- Water Safety
- Hand-eye Coordination

SOCIAL INTERACTION

- Cooperative Games
- Partner Activities
- Managing our Feelings
- Spy Training
- Safe and Fair Play

REPORTING STANDARDS



MOVEMENT

Students will display competency in a variety of motor skills and movement patterns.



UNDERSTANDING

Students will demonstrate concepts, principles, strategies and tactics related to movement and performance.



PERSONAL & SOCIAL SKILLS

Students will demonstrate responsible personal and social behavior that respects self and others.

FREQUENTLY ASKED QUESTIONS

Frequency

K1 has three 30-minute PE classes every other day and one 60-minute class in each 8-day cycle.

Attire

Students must come to PE with trainers (close-toed), athletic shorts/trousers, and long hair pulled back. For swim class, students need a swimsuit, goggles, towel, long hair pulled back, & swim cap (optional).

Participation

If a student is unwell, they should stay at home to rest and recover. If a student feels well enough to come to school, they are expected to participate in PE class. Class activities will be modified for students who are injured or experiencing any type of limitation, so every student will be able to learn and contribute in every PE class.

How can we support the learning at home?

Get active together! We recommend early morning walks and jogs as a family, as well as weekend trips to parks, playgrounds, and forests. Ask your child what skills and movements they are working on in PE and we invite you to continue to build upon and practice these outside of school.

What are some articles you recommend?

What Happens When Students Run for 15 minutes Each Morning?

Read about the amazing benefits of engaging in daily morning movement.

How can PE promote both movement and thinking skills?

“Teachers do not create learning, learners create learning, teachers create the conditions in which students learn” - Dylan Wiliam, 2006

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Lynn Chanakira has been PE teacher at ASL since 2021 and is from Harare, Zimbabwe. She is a certified PE teacher and has over 20 years of experience teaching PE in Elementary School, Middle School and High School.

Ms. Chanakira loves traveling, dancing, and sightseeing. Her favorite physical activities are Zumba dancing, basketball, and walking.

Helena Ryparova has worked at ASL since 2018 and is from Prague, Czech Republic. She has experience working in schools and nurseries in UK and Egypt.

Helena loves reading and painting. Her favorite physical activities are skiing, biking and swimming.

