



OUR LADY OF SORROWS ELEMENTARY SCHOOL

At OLS, we believe that physical education is a vital part of every child's development, laying the foundation for a lifetime of health and well-being. Our classes are designed to be both fun and educational, providing students with a variety of opportunities to explore movement, develop new skills, and foster a love for physical activity. Our goal is to help each child improve physical fitness and build fundamental motor skills, including:

- Non-locomotor movement skills**
- Locomotor movement skills**
- Manipulative movement skills**

Each term, students are assessed based on three critical components:

- 1. Skill Development**
- 2. Fitness**
- 3. Participation**

This structured approach ensures that students not only improve their physical abilities but also cultivate a positive attitude towards physical fitness and wellness.

Physical Education Overview

2024 - 2025

Primary (Grades 1-3)

September

- Orientation to Physical Education and Gym Space
- Tennis
- Body & Space awareness
- Locomotor & Non-locomotor skills
- Cross Country (grades 2-3)
- Terry Fox Run

October

- Manipulative skills
- Ball activities
- Dance

November - December

- Cooperative & Team games
- Individual & partner activities

January

- Yoga & Mindfulness
- Healthy Eating

February

- Gymnastics
- Jump Rope

March - April

- Fitness
- Ice Skating
- Minor Games

May

- Track & Field
- Outdoor Games

June

- Sports & Fitness Days

Intermediate (Grades 4-7)

September

- Tennis
- Cross Country
- Terry Fox Run
- Soccer
- Volleyball

October

- Volleyball
- Flag Football
- Dance

November

- Lacrosse
- Handball
- Basketball

December

- Basketball
- Cooperative & Team games

January

- Yoga & Mindfulness
- Healthy Eating
- Fitness

February

- Gymnastics

March

- Floor Hockey
- Ice Skating

April

- Pickleball
- Badminton

May

- Track & Field

June

- Outdoor Games
- Sports & Fitness Days