



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 2025 - 2026

Primary (Grades 1-3)

September

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

October

- Locomotor skills
- Manipulative skills
- Soccer

November - December

- Ball Activities
- Lacrosse
- Hula Hoop Activities
- Bean Bag Activities

January

- Parachute Activities
- Cooperative Games
- Basketball

February

- Yoga & Mindfulness
- Individual & Partner Games
- Badminton

March - April

- Fitness
- Track & Field
- Flag Football

May

- Ultimate Frisbee
- Kickball & Baseball
- Gymnastics

June

- Outdoor Games
- Sports & Fitness Days

Intermediate (Grades 4-7)

September

- Tennis
- Terry Fox Run
- Cross Country
- Volleyball

October

- Volleyball
- Soccer

November

- Soccer
- Lacrosse

December

- Handball
- Basketball
- Cooperative & Team games

January

- Basketball

February

- Healthy Eating
- Floor Hockey
- Badminton

March - April

- Fitness
- Track & Field
- Flag Football

May

- Ultimate Frisbee
- Kickball & Baseball
- Gymnastics

June

- Outdoor Games
- Sports & Fitness Days