



LONG RANGE PLAN (2003 - 2004)

SUBJECT: Physical and Health Education GRADE: 4 TEACHER: K. Walkowiak
 BOARD DOCUMENT(S)/RESOURCES: Board Physical Education Document; Ontario:
 Health and Physical Education Document

TIMELINE	TOPIC/THEME
September	<ul style="list-style-type: none"> ▪ Active Participation (e.g. games, ultimate frisbee, soccer-baseball, cross-country, QDPE, fair play) ▪ Fundamental Movement Skills (e.g. locomotion/traveling, safety); ▪ Healthy Living (Personal Safety and Injury Prevention [Bus safety, Schoolyard Routines, Firedrill Routines, Bike Safety], Healthy Eating Habits).
October	<ul style="list-style-type: none"> ▪ Active Participation (e.g. games, ultimate frisbee, soccer-baseball, QDPE, fair play) ▪ Fundamental Movement Skills (e.g. locomotion/traveling, manipulation, safety); ▪ Healthy Living (Personal Safety and Injury Prevention [Halloween safety, Healthy Eating Habits, Firedrill Routines]).
November	<ul style="list-style-type: none"> ▪ Active Participation (games, volleyball, QDPE, fair play); ▪ Fundamental Movement Skills (e.g. manipulation, safety); ▪ Healthy Living (Personal Safety and Injury Prevention [Schoolyard Winter Safety]).
December	<ul style="list-style-type: none"> ▪ Active Participation (games, floor hockey, volleyball, QDPE, fair play) ▪ Fundamental Movement Skills (e.g. manipulation, safety); ▪ Healthy Living (Personal Safety and Injury Prevention).

January	<ul style="list-style-type: none"> ▪ Active Participation (games, fitness circuits, QDPE, fair play) activities – e.g. fitness circuits, basketball, outdoor ed activities); ▪ Fundamental Skills (e.g. manipulation/locomotion/traveling activities, safety); ▪ Healthy Living (Winter Safety, Healthy Eating Habits).
February	<ul style="list-style-type: none"> ▪ Active Participation (gymnastic stations, skipping, badminton, dance, QDPE, fair play); ▪ Fundamental Movement Skills (e.g. stability, manipulation, safety); ▪ Healthy Living (Growth and Development)
March	<ul style="list-style-type: none"> ▪ Active Participation (dance, QDPE); ▪ Fundamental Movement Skills (e.g. locomotion/traveling, safety); ▪ Healthy Living (Healthy Eating Habits, Heart Health)
April	<ul style="list-style-type: none"> ▪ Active Participation (circuit training, soccer, QDPE, fair play); ▪ Fundamental Movement Skills (e.g. safety); ▪ Healthy Living (Substance Use and Abuse).
May	<ul style="list-style-type: none"> ▪ Active Participation (soccer, touch football, track and field, QDPE, fair play); ▪ Fundamental Movement Skills (e.g. locomotion/traveling, manipulation, safety); ▪ Healthy Living (Personal Safety and Injury Prevention – Bike Safety, Road Safety).
June	<ul style="list-style-type: none"> ▪ Active Participation (track and field, softball, scoops, QDPE, fair play); ▪ Fundamental Movement Skills (e.g. locomotion/traveling, manipulation, safety); ▪ Healthy Living (Summer Safety, Bike Safety, Road Safety).