

Hello Holy Rosary Parents.

I am thrilled to have the opportunity of teaching PE at Holy Rosary and have been made to feel very welcome already by both staff and students. Please feel free to come and talk to me about any health concerns or PE questions, or simply to say hello.

There is a wide range of developmental needs from Pre-K through to 8th grade and it is fun to see the growth of motor skills and eventual grasp of more complex concepts in sports and physical challenges that develops. The Pre-K will be kept engaged with fun activities to practice locomotor and non-locomotor skills. They will practice basic ball skills and begin to link movements together. As they move to K, 1st and 2nd grades, they will increase the complexity and sophistication of their skills and begin to experience working in small teams to achieve a common objective in fun games. During 3rd, 4th and 5th grade, students spend more time practicing small team games, using strategies to be successful at a variety of physical tasks, while also developing ball handling technique including the use of striking with an instrument. As they move into 6th, 7th and 8th grade, there is more emphasis on small sided games that develop offensive and defensive skills and awareness of tactics.

The students will be encouraged to be physically active in warm up activities and by maximizing the potential for activity when working individually or in groups during skills practice and in games. In addition, students should build an appreciation of what benefits physical activity, enjoyed with others can provide to the individual in terms of both a healthy body and mind.