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| Date | Resilience Challenge | Topic | Essential Question |
| Sept 4-12 | Tennis Ball Super Seven | Personal & Social Responsibility | Can I use positive language and feedback to encourage my peers?Can I use positive language when participating with players of different skill levels?Can I actively involve others with higher and lower skills in group activities? |
| Sept 17-27 | Bean Bag Super Seven | Fitness | What is fitness, and what activities help me improve my personal fitness?What are the components of health-related fitness?What is the difference between health and skill related fitness? |

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| Sept 30 | Orange Shirt Day |  |  |
| Oct 1-10 | Hacky SackScoop & Balls Super Seven | Touch Football | Can I recognize open spaces?Can I move into open space to receive a pass from a partner?Can I keep moving to create open space? |
| Oct 15-18 | Your choice:Tennis ball, bean bag, hacky sack | Spike Ball\*Outdoor Day Oct 16 | Can I use appropriate force when striking a moving ball in Spike Ball?Can I recognize the basic concepts for net/wall games?Describe the concept of relationships as it applies to a moving object. |
| Oct 21-24 | Deck Ring Super Seven | Curling | Recognize concepts relating to force.Show different ways to propel or move objects.Determine effective game strategies in group activities using a problem-solving approach. |
| Oct 28-Nov 1 | Frisbee & Tennis Ball Super Seven | Volleyball | Can I describe the rules and etiquette in Phys Ed?Can I demonstrate and follow all the rules and etiquette?Can I discuss the importance of unique etiquette elements of various games and activities? |
| Nov 4-15 | Pool Noodle Super SevenJuggling Scarves Super Seven | Gymnastics | Demonstrate functional use of basic movement skills (i.e., transport, manipulation, and balance), applying movement concepts (e.g., body and space awareness...) to gymnastic type activities.Demonstrate functional use of basic movement skills using two or more gymnastic movement patterns in a gymnastic sequence/routine with small hand apparatus or on large apparatus (e.g., mats, balance beam...)alone or with others.Design movement sequences that show contrast in levels, planes, pathways, and directions. |
| Nov 18-29 | Reaction (scarf run) | Ninja Warrior & Jungle Gym | Can I move while changing direction, level, and speed?Can I use a variety of locomotor skills to complete ninja challenges?Can I demo mature patterns for various locomotor skills?\*Can I engage in all challenges without teacher reminders? |
| Dec 2-5 | Concert | Speed Stacks | Can I work independently and safely during Phys Ed?Can I demo personal responsibility in group settings with no reminders?Can I demo responsible interpersonal behaviour with my peers and with adults? |
| Dec 9-20 |  | Territory/Invasion | Show an understanding of risk factors and safe practices associated with selected physical activities, including lead-up type territorial/invasiontype games(e.g., no body contact, no slapshots or high-sticking in floor hockey.)Demonstrate functional use of basic movement skills (e.g., kicking, striking...) in large group/mass participation activities.Combine selected movement skills (e.g., extensions, variations...) in a variety of group/team activities/games, including innovative activities. |
| Jan 6-17 | Jump Rope Super SevenJump Rope Ninja | Jump Rope | Can I jump a rope consecutively with a mature pattern?Can I set personal goals and preserve to accomplish them?Can I work cooperatively during long rope activities?  |
| Jan 20-30 | Hula Hoops Super SevenScarf & Pin Super Seven | Target Games | Set up and manage own gamesApply the rules of lead-up games (i.e., low-organized games of own design) while participating and/or officiating. Use the general terminology (e.g., offence, defense, crease, pacing...) associated with lead-up games and activities.   |
| Feb 3-14 | Basketballs Super SevenPom Poms | Basketball Team Handball | Can I dribble while traveling in general space?Can I dribble with control of the ball and my body while changing speed and direction?Can I combine dribbling with other skills during drills? |
| Feb 18-28 | Tennis Ball & Racket Super Seven  | Tennis\*Outdoor Day Feb 19 | Can I strike an object with a paddle, sending it over the net?Can I strike an object demonstrating a mature pattern?Can I strike an object over a net with accuracy? |
| March 2-12 | Reaction (drop & catch/circle catch)Hockey Stick Super Seven | Parachute/Juggling/Stations | Recognize movement vocabulary when following directions related to simple games and activities.Follow set rules and routines for safe participation and use of equipment in selected specific physical activities.Use the general terminology (e.g., offence, defense, crease, pacing...) associated with lead-up games and activities.  |
| March 16-27 | Paddle & Bean Bag Super SevenBalance (Orange Cards) | Striking Games Kan JamGaga Ball | Recognize concepts relating to force.Show an understanding of the concepts of force and motion (i.e., absorption of force) when receiving an object.Recognize the role of activities and events (e.g., games, sports, dances, social events, cultural events...) in getting to know and understand others of similar and different cultures.  |
| April 6-16 | Balloons Super SevenBalloon & Hoop Super Seven | Badminton | Can I use the movement concepts of direction and force during badminton?Can I use direction and force to improve my accuracy to a target?Can I vary direction and force to gain an advantage in singles badminton games? |
| April 20-May 1 |  | Rhythmic MovementsDanceDrumming | Can I perform the dance steps demonstrated by my teacher?Can I combine dance steps into a routine?Can I combine locomotor skills into a dance with rhythm?\*Trying something new, drumming |
| May 4-15 | Cup Stacking Super SevenCone Flipping | Track and Field | Can I set appropriate personal goals?Do I have a plan to achieve personal goals?Am I trying my best? |
| May 19-29 | Speed-as many lengths as you can | Soccer | Can I combine dribbling and passing during soccer?Can I execute a leading pass to a moving partner?Can I pass and receive with a mature pattern? |
| June 1-11 | Nerf Ball & Hoop Super SevenReaction Green Sheets-seeing double, sit & drop | Baseball Games | Can I strike a ball with a bat, sending it forward?Can I strike a ball with a bat using proper grip and mature pattern?Can I strike a pitched ball? |
| June 15-29 |  | Fun Games  |  |