



The information below illustrates an example of a long-range plan (LRP) for Physical Education and Wellness that may be suitable for some 'generalist settings'. It is important to note that this is meant to serve as a starting point and will not fit all teaching and learning contexts.

The LRP is built on a model of instruction known as Teaching Games for Understanding (TGfU). TGfU facilitates an introduction of games to students at a type and rate that meets their developmental capabilities, allowing them to master knowledge of game play, tactics and decision making, all while building a repertoire of fundamental movement and sport skills. Interspaced between the games are other complementary physical education components found within the curriculum (such as, gymnastic activities, and cultural games and activities). Explicit teaching of wellness components found with this curriculum can occur in a more traditional teaching and learning setting and, where applicable, experienced and witnessed throughout an active setting (for example, components of the Organizing Idea Safety or Character Development). It is not expected, and in most cases not reasonable, that Organizing Ideas such as Growth and Development or Financial Literacy be taught in an active setting. It is important to note that students still require 30 minutes of Daily Physical Activity (scheduled either through instructional or non-instructional time).

Kindergarten – Grade One – Grade Two

	September	October	November	December	January
Week 1	Playground Games	Target Games	Cultural Activities & Games	Target Games	Cooperative Games
Week 2	Playground Games	Target Games	Outdoor Environment Alternative Activities	Target Games	Gymnastics
Week 3	Cooperative Games	Target Games	Outdoor Environment Alternative Activities	Target Games	Gymnastics
Week 4	Cooperative Games	Cultural Activities & Games	Outdoor Environment Alternative Activities	Cooperative Games	Gymnastics

Note | This Long-Range Year Plan is meant as a suggestion and does not replace the Alberta Curriculum documents.





Kindergarten – Grade One – Grade Two

	February	March	April	May	June
Week 1	Outdoor Environment Alternative Activities	Cultural Activities & Games	Playground Games	Striking & Fielding Games	Net & Wall Games
Week 2	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Playground Games	Striking & Fielding Games	Net & Wall Games
Week 3	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Striking & Fielding Games	Striking & Fielding Games	Net & Wall Games
Week 4	Cooperative Games	Dance & Rhythmic Activities	Striking & Fielding Games	Net & Wall Games	Net & Wall Games

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Grade Three – Grade Four

	September	October	November	December	January
Week 1	Playground Games	Target Games	Cultural Activities & Games	Striking & Fielding Games	Cooperative Games
Week 2	Playground Games	Striking & Fielding Games	Outdoor Environment Alternative Activities	Striking & Fielding Games	Gymnastics
Week 3	Cooperative Games	Striking & Fielding Games	Outdoor Environment Alternative Activities	Striking & Fielding Games	Gymnastics
Week 4	Cooperative Games	Cultural Activities & Games	Outdoor Environment Alternative Activities	Cooperative Games	Gymnastics

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Grade Three – Grade Four

	February	March	April	May	June
Week 1	Outdoor Environment Alternative Activities	Cultural Activities & Games	Playground Games	Net & Wall Games	Invasion & Territorial Games
Week 2	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Playground Games	Net & Wall Games	Invasion & Territorial Games
Week 3	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Net & Wall Games	Net & Wall Games	Invasion & Territorial Games
Week 4	Cooperative Games	Dance & Rhythmic Activities	Net & Wall Games	Invasion & Territorial Games	Invasion & Territorial Games

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Grade Five – Grade Six

	September	October	November	December	January
Week 1	Playground Games	Target Games	Cultural Activities & Games	Net & Wall Games	Cooperative Games
Week 2	Playground Games	Striking & Fielding Games	Outdoor Environment Alternative Activities	Net & Wall Games	Gymnastics
Week 3	Cooperative Games	Striking & Fielding Games	Outdoor Environment Alternative Activities	Net & Wall Games	Gymnastics
Week 4	Cooperative Games	Cultural Activities & Games	Outdoor Environment Alternative Activities	Cooperative Games	Gymnastics

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Grade Five – Grade Six

	February	March	April	May	June
Week 1	Outdoor Environment Alternative Activities	Cultural Activities & Games	Playground Games	Invasion & Territorial Games	Invasion & Territorial Games
Week 2	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Playground Games	Invasion & Territorial Games	Invasion & Territorial Games
Week 3	Outdoor Environment Alternative Activities	Dance & Rhythmic Activities	Invasion & Territorial Games	Invasion & Territorial Games	Invasion & Territorial Games
Week 4	Cooperative Games	Dance & Rhythmic Activities	Invasion & Territorial Games	Invasion & Territorial Games	Invasion & Territorial Games

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