

Physical Education Report K-1

During the first two months of school we have focused on student listening, following directions and practicing safe routines for participation in a gymnasium setting.

We have completed several lessons practicing a variety of loco-motor skills including jumping, hopping, skipping and running. Moving safely in the gym, changing direction, finding personal space and being in control have been important parts of every lesson.

Students have had the opportunity to practice many hand-eye coordination activities using beanbags, scarves, balls and hoops. Looking forward to many new activities as we head into a new part of the school year.

Sean Kelley

Physical Education Teacher

First Term Grade One 2016 Music

Welcome back to school. It's hard to believe that grade 1 is now upon us. The children have grown over the summer and have now settled into their fall routine of school.

This term we have spent much of our time hearing and feeling the beat, which is a continuation of the Kindergarten music program. This is done through songs by clapping, tapping and moving to the beat. New to the children this year is the introduction of rhythm and how to distinguish the difference between that and the beat. The children are also learning how to recognize certain rhythms called "ta" (quarter note) and "ti ti" (eighth notes). We have also spent time reinforcing the comparatives (high/low, fast/slow and loud/soft). As well, the children are learning a music reading system called solfege. You may recognize the note names soh and mi, which are the notes that the children have learned thus far. We have used some rhythm instruments and singing in tune is a primary goal that I aim for. I have also done some exercises where the children are taught a skill called inner hearing, which is being able to sing a song in your head and keep a steady beat at the same time. All of these concepts are in keeping with the specific curriculum outcomes for grade one music and, again, everything is taught through the singing of songs and the playing of musical games.

We also completed a unit on the composer Edvard Grieg and his composition "In the Hall of the Mountain King". The students learned some facts about Grieg's life and through imagination and the story of the Norwegian folk legend Peer Gynt, we learned the music of In the Hall of the Mountain King. Next up on our list of things to do will be to begin preparing and planning for the school's Christmas concert.

It has been an enjoyable first term working with your children. I will be available for parent teacher interviews and look forward to meeting you if you have any questions or concerns

Mrs. Arlene DesRoches

Music Specialist B Mus Ed.