

St. Patrick's Elementary School

News from the Specialists: Physical Education and Music, Term 1

PHYSICAL EDUCATION: Mr. Venegas

It's been a busy and fun ride this first term in the physical education department. In the start of the year, the students learned about Terry Fox and the legacy he left behind. They learned the importance of fitness and health. More importantly, the students learned the value of always being positive and always thinking about the needs of others. In the spirit of Terry Fox, each class did various running activities for a number of weeks and accumulated a total of about 241km. That's approximately five days of what Terry Fox ran in his Marathon of Hope!

In the weeks that followed, the primary grades focused on their fundamental movement skills, safety and fair play. The intermediate grades learned about sportsmanship, team strategy, and the skills needed in the sport of volleyball. In our volleyball program, all of the boys and girl's volleyball teams had another successful season this year. They all competed well and always showed good sportsmanship on the court. Notably, the Juvenile and Senior Boys teams were winners in the CISVA Volleyball Tournament! Thank-you to all of our volleyball teams this year for their hard work, especially the staff members and parents who always volunteer many hours to our volleyball program! None of this is possible without you!



MUSIC: Mr. Coles

First term is always a busy time for the Music department and this year is no exception. The year began with an exploration of rhythm through the body. Primary students learned body percussion patterns and sang songs along with them. Intermediate students learned how to write rhythms using music notation. They then used this knowledge to play melodies on the Xylophone.

For the last six weeks students have been excitedly learning and practicing their songs for the annual St. Patrick's Christmas Musical Production. They have learned to express the meaning of the song through their voices and through choreography. Cassandra Frederickson has kindly volunteered her time to help the students learn their dance routines thoroughly. The Grade 7's auditioned for roles in the play, and those selected have brought all their enthusiasm and energy to memorize their lines and rehearse for the drama part of the production. We are moving into the final two weeks of preparation and we at the music department cannot wait to share with the parents all the students' hard work!