

Physical Education Program - Elementary

Rotherglen
what school
should be

Rotherglen elementary students participate in specialized gym programs throughout the year. The focus of our physical education program is to provide skill-based activities. Our teachers accompany the students to the lessons however, the programs are taught by coaches who are highly qualified in their specific sport.

Swimming

During the fall term students participate in weekly swimming classes. These classes are taught by the certified lifeguards at The South Common Community Centre Pool. The five-week program focuses on drills, stroke correction, endurance and the Swim to Survive Challenge.



Gym

Throughout the fall and spring terms the children participate in weekly gym classes at the South Common Community Centre gymnasium. This active program is taught by coaches from Sports 101 and focuses on developing gross motor skills through cooperative activities.

Gymnastics

Students participate in our gymnastics program during the fall term. These lessons are held at Futures Gymnastics Club in Mississauga. The trained coaches lead the children through a variety of exercises and activities that work towards improving balance, flexibility and coordination.

Cooperation

Fun

Sportsmanship

Rotherglen School Elementary Gym Program

Physical activity is an important part of our program.



Soccer

The Mississauga Soccer Club hosts our soccer program at their indoor facility. The students participate in a wide variety of drills to improve their ball handling skills. They also have the opportunity to play games and learn the positions of defense, offense and goalie.



Tennis

Our tennis program is held at the Ontario Racquet Club. This facility has a reputation as being one of Canada's leading sports clubs. They have seventeen tennis courts both indoor and outdoor. Their highly qualified coaches offer an active and fun approach to learning the skills involved in tennis. The main focus is on developing hand eye control and proper racquet handling.



Skating

During the winter term the students participate in an eight-week skating program. The coaches from the Cindy Bower Power Skating Club teach the children at the Erin Mills Twin Arena. Lessons focus on balance, gliding, speed and controlled turns.



Parents are always welcome and are invited to observe these lessons.