

# Physical Education / Perceptual Motor Program (PMP)



It is the vision that each student will be physically educated by the time he/she leaves school. To achieve this, the curriculum aims to develop students motor and games skills and equip them with the knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle. Plenty Valley International Montessori School aims to provide high quality Physical Education and sport to promote physical activity while enabling all children to learn and develop their skills to the best of their ability and at their own pace.

The Montessori Method works with the whole student. Movement and physical activity are an important part of a child's fitness, development and the overall learning process. Physical activity helps children to develop a positive self-image, encourages strength of character and it teaches resilience. The Physical Education program at Plenty Valley International Montessori School helps children become physically stronger and enhances their experiences at school. In our program, we encourage students to:

- Do their best and be proud of their efforts
- Persevere when faced with challenges
- Encourage and support team mates
- Learn to be gracious in victory and in defeat

Physical Education teaches the importance of teamwork, sportsmanship and exercise to children in Cycle's One to Three. The children will learn to play a variety of sports including soccer, basketball, football, netball, hockey, tennis and volleyball, just to name a few. For the younger children, we focus on the development of gross motor skills and following directions in a group. For the older children the focus is on physical fitness and introducing the fundamentals skills and rules of a variety of sports originating from many parts of the world.