



In this workshop students will have fun doing calisthenics, a physical discipline taught at the Ursuline School in the 19<sup>th</sup> century. It was during this era that physical exercise first became a subject taught in educational establishments for girls.

1, 2, 3 Let's Move! combines history and gentle physical exercise in the unique environment of the Ursuline Monastery garden.

DURATION: 30 MINUTES

#### TOPICS COVERED

- Physical education

Students discover the power of voluntary muscles. They develop their physical abilities while increasing their flexibility and agility.

- Health

Students learn how physical education is related to their physical health.

- Teaching

Students explore physical education classes from the 19<sup>th</sup> century while surrounded by the extraordinary decor of the Ursuline Monastery garden.

## THE ACTIVITY

Students are invited to take part in a 19<sup>th</sup>-century physical education class in this lively outdoor activity. They participate in several calisthenic exercises using a variety of approaches:

- Observation games
- Imitative games
- Spontaneous creative games

## LEARNING PROGRESSION

(Grades 1–6)

## PERSONAL DEVELOPMENT

- Evaluate available space and estimate distances.
- Maintain balance.
- Hold simple and complex poses.
- Use exercise equipment.
- Stand, move and manipulate objects with respect to one's partner(s).
- Make adjustments using different types of coordination skills with one or more partners.

## SOCIAL STUDIES

- See how everyday objects have changed over time. (grades 1–2)
- Be open to the diversity of societies and their practices. (grades 3–4)
- Understand the cultural reality of the 19th century. (grades 5–6)



**PÔLE CULTUREL  
DU MONASTÈRE  
DES URSULINES**

Reservations and information

[Online reservations](#)

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