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Final Mark Weighting:

All Terms- 33.3% each

Course Evaluation:

Will be based on exceeding, fully meeting, meeting, moderately meeting, minimally meeting and not yet meeting expectations.

Affective.....

- Sportsmanship/fair play
- Cooperation/ participates
- Leadership
- Exertion
- P.E. strip
- Safety (self/ others/ equipment)

Psychomotor/knowledge.....

- Skill improvement
- Skill assessments
- Goal achievement
- Knowledge- active living
- Reaching target heart rate
- Principles of Training

Required P.E. Strip:

- Shorts (no cut offs)
- Appropriate T-shirt or hoodies.(not tank tops)
- Non-marking athletic shoes (tied tightly). Avoid skate shoes
- Be prepared to be outdoors as long as possible...

3 missed strips a term means below 50% until does extra work to improve mark

Basic Gym Rules:

- Be safe at all times
- Practice the three R's (Respect for self, others, and environment).
- Food or drink is not permitted in the gym.
- Gym is off limits when unsupervised.

Physical Education Course Outline



What is the aim of Physical Education?

The aim of physical education is to enable all students to enhance their quality of life through active living.

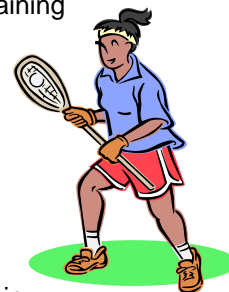
What will we be studying this year?

Physical Education is broken down into the following categories:

- Knowledge- how participation affects quality of life, relationship between nutrition and participation, heart rate, plan and goal
- Movement Skills- proper technique, control, principles of training
- Safety, Fair Play, and Leadership- gym strip, safety

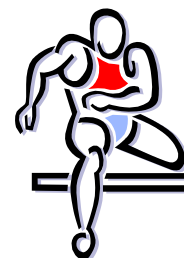
Security and Health Information:

- Leave all valuables in your school locker (money, watches, electronics).
- Wash P.E. strip over the weekend and bring back on Monday.
- Students are to change in the designated change areas only.
- Students will be given an extra minute to change and be seated in the designated area for attendance.
- Students are not to leave the gym area until dismissed by their teacher.
- All injuries should be reported immediately to the teacher.



What do students who participate in regular physical education classes enjoy:

- Enhanced memory and learning
- Better concentration
- Increased problem-solving abilities
- More positive attitude towards self and others
- Better attendance
- Better health



What is the course objective for Physical Education?

The unique learning opportunities in physical education allow all students from kindergarten to Grade 12 to acquire the knowledge, skills, and attitudes that enable them to enhance their quality of life through active living. All course curricula will be based on information taken from the P.E. Integrated Resource Package K-12.

Student will be using a **duotang system** to set goals and reflect on their progress. They will also be responsible for assessing their own skill development and other learning outcomes for each unit.



What should be done if a student is unable to participate in Physical Education?

- A note is to be brought to class, signed by a parent, stating the student's medical condition and telling what they can or can't do. Not feeling well is not a reason to be excused from P.E. **If capable, a student may be expected to participate if it does not affect the medical condition. If the injury lasts more than a week, a doctor's note is required to be further excused from PE.**
- A medical form is to be filled out if there is a medical concern.
- Regardless of the injury or condition, students are expected to change into proper P.E. strip.



What should the student do if they are absent?

- A note from home is required if absent.
- PE is a compulsory subject for graduation. All students are required to attend classes and participate to the best of their ability.
- If activity is not possible for an extended period of time, written work will be provided for the student and used to replace the student's P.E. participation mark for that time.



Physical Education Work Habits: Performance Scale

G You arrive to class on time with correct gym strip and any other subject related materials. All your participation in class is completed to the best of your ability. During class, you are attentive, following instructions, and focusing on the various games, activities and assignments. You are always trying to improve your skills and fitness. You work well in individual and group situations and you appear to always be doing your best. Your teacher never needs to remind you to try harder or to get on task. You treat your peers, adults and equipment with respect. You display leadership, safe behavior, good work habits and effort in all you do.

S Most of the time you arrive to class on time, prepared with correct gym strip and any other subject related materials. Most of your participation is completed to the best of your ability. Although you occasionally may not show your best effort, you are still consistently trying to improve your skills and fitness. During class, you are attentive, following instructions and focusing on the various games, activities, and assignments with only occasional lapses. You work fairly well in individual and group situations and, on most occasions, appear to be doing your best. Your teacher may sometimes need to remind you to try harder or to get on task. You treat your peers, adults and equipment with respect. You display satisfactory work habits, leadership, safe behavior and effort most of the time.

N You frequently arrive to class without gym strip. You are often unprepared or unwilling to participate in physical activity. Activities are often poorly done or unattempted. You are rarely trying to improve your skills or fitness. During class, you are sometimes unfocused and easily distracted. Your teacher often needs to remind you to try harder or get on task. You participate infrequently in class discussions and you sometimes display behaviors that show a lack of safety and respect for your peers, adults and equipment. Your work habits, behavior and effort need to improve.



If there are any medical or health conditions Ms. Makowetski should know about, please list them. Also, describe what should be done in case of an emergency.

Please read over the Physical Education Outline. If you have any questions please contact Ms. Makowetski.

I have read and understand the P.E. Outline.

Student Name: _____

Parent or Guardian Signature: _____