

Physical Education 7-10

Physical Education is an academically required course until grade 10. Our goal as physical education educators is to provide students with the opportunity to engage in a variety of physical activities. It is not the ultimate aim of this course to create athletes (although that may still happen). Our goal is to encourage students to improve their overall health & fitness over the entire year and beyond. The ultimate goal is to create “lifelong active people” that know the importance of health & fitness and engage in some form of physical activity into adulthood. That being said, this class is enjoyable and rewarding. But, as with all classes, there is an element of discipline, respect, effort, and self motivation required to be successful in this course. Athleticism is not a requirement for success in this class. On the contrary, as you will see in the following evaluation outline, any student can be an “A” student with the right approach.

Evaluation

- 30%** **Honour, Commitment, Attitude (HCA)**
- This includes showing honour by supporting your classmates, showing commitment to the class as a whole and maintaining a positive attitude during class. This also includes being changed on time for class.
- 50%** **Participation, Effort (PE)**
- This is worth half of your overall mark in this class and includes your effort during class and your participation in the various activities. This also includes being prepared for class by wearing the appropriate clothing.
- 10%** **Acquisition of Skill and Knowledge (ASK)**
- This includes all written tests/quizzes and skill tests for the various activities. Generally this is only used in the Dance unit.
- 10%** **Fitness**
- School fitness runs and fitness testing. Half of this is through student self-evaluation and the other is based on pre-established benchmarks.

PE Clothing- The appropriate PE clothing (HCA shirt and shorts) must be purchased and worn during all PE classes. Old, grey PE shirts are no longer allowed. Appropriate footwear is also necessary. This includes cross trainers, running shoes and basketball shoes. This does not include dress shoes, skate shoes or any shoe with a flat arch. These shoes must be worn tied up for ankle support. If you are unsure if your shoes are the correct kind, please ask one of us.

Discipline- In some cases your mark for the day will be affected by discipline problems. In more severe cases this may include a noon detention in the gym (i.e. organizing basketballs, inflating volleyballs, etc.). If you do not have your gym clothing with you, you will need to “rent” a pair from the “extras” bin for 1\$ each (the clothing must be returned immediately after class). Students will need to sign in and sign out rental pieces. If they are not signed back in, then the rental piece will need to be replaced at full cost to the student (20\$). Students have the option of paying immediately or being billed. Once the outstanding rental fees reach or exceed 5\$, the teacher will inform the parent/guardian of the fee to avoid any surprise and/or excessive bills. Continual problems in this area (not providing his/her own PE uniform for class) will result in a phone-call home. The money collected for rentals is used to offset the cost of pizza lunches awarded as a prize to the winning teams in PE classes.

It is your responsibility to make sure your PE clothing is at school daily. Wash it on weekends and make sure it goes back into your school bag so it is not forgotten. In some cases, students have purchased multiple PE uniforms to ensure they always had one at the school.

Water Bottles will be mandatory for students to have, if they want to have water during class. This is to limit the amount of time that we are waiting (if the entire class goes to the water fountain, it takes nearly ten minutes of class time). If not, you will need to wait until class is dismissed, to get water (except in severe circumstances like high activity classes or extremely hot days). Please put your **name** on the water bottle and do not share your bottle with peers. There are some severe (even fatal) diseases that can be spread through the sharing of water bottles.

In order to be excused from participation on a specific day (or days) you will need to come to class with a letter from your parent or guardian explaining why you cannot participate. For non participation lasting more than **three** days, a note from your family doctor will be needed. In many cases, only a reduction in participation is required. For example, a student with a sprained thumb would still be able to participate in any activities that would not require them to place any stress on their hand (i.e. running). Please do not abuse the opportunity to not participate. As teachers, we **reserve the right** to modify acceptable activity at our discretion, to minimize loss of participation. This will always been done in such a way as to not cause further injury nor illness.

A note from home needs to be for **injury** or **illness** only. Please do not come to class with a note attempting to excuse you because your gym clothes are in the washing machine or because you are tired or need to study for a test (for example). If you are sick with a virus (i.e. cold or flu) please do **not** come to school. The possibility to infect others in the school is great. Please stay home and recover.

This outline will be available online for parents to be informed. This is to limited paper use (and since we do not have course notebooks, the papers are generally lost on the first day. If parents have any questions, please email the teacher directly (see above for email address)

2017-2018 Activity Outline PE 7-10

September-October	Small sided games & Fitness Testing Volleyball/ Soccer
November-December	Basketball/Cooperative Games Dance
January	Dance
February-March	Dance TBA/ Floor Ball Fitness Testing
April	Track & Field
May	Track & Field Badminton/ Football
June	Badminton/ Football Small Sided Games
<i>These activities may change</i>	

This year, we will be experimenting with having some activity units in Grades 8-10 be split into a **competitive** group and a **recreational** group. More details on this will be explained.

GYM STRIP RENTAL 2017-2018

Student Name:						Class:							
						Shirt		Shorts		Shoes			
Occurrence	Date	Out	In	Out	In	Out	In	Student Initials	Teacher Sign-in				
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
		Rental:											
		Lost:											
		Cost:						Total Cost:					
Teacher will contact parents after 5th, 10th and 15th occurrences.													

SAMPLE

Phys Ed. Participation & Effort Rubric

Level of Achievement	Descriptor
5	Student shows an EXCEPTIONAL level of participation and effort throughout the class. They are never being distracted by, nor being a distraction for, their classmates. They listen to all instruction.
4	Student shows a HIGH level of participation and effort throughout the class. They are never being distracted by, nor being a distraction for, their classmates. They listen to all instruction.
3	Student shows a REASONABLE level of participation and effort throughout the class. They are rarely being distracted by, nor being a distraction for, their classmates. They listen to most instruction.
2	Student shows a BELOW AVERAGE level of participation and effort throughout the class. They are a distraction for their classmates and/or are often distracted. They do not listen to most instruction and are usually not participating.
1	Student is dressed but rarely participates. They show a POOR level of participation and effort throughout the class. They are always distracted by, or being a distraction for, their classmates. They do not listen to all instruction and are always talking.
0	The student is not dressed appropriately for the class and does not have a valid reason for not being dressed appropriately.

Phys Ed. Honour Commitment & Attitude Rubric

Level of Achievement	Descriptor
5	Student shows an EXCEPTIONAL commitment & dedication to the class. They are respectful of the teacher as well as their classmates by listening attentively to all instruction. Their attitude is ALWAYS positive and honourable in all aspects of Physical Education
4	Student shows a HIGH LEVEL of commitment & dedication to the class. They are usually respectful of the teacher as well as their classmates by listening to all instruction. Their attitude is ALWAYS positive and honourable in most areas of Physical Education
3	Student shows a REASONABLE level of commitment & dedication to the class. They are mostly respectful of the teacher as well as their classmates by listening to most instruction. Their attitude is USUALLY positive and honourable in all aspects of Physical Education
2	Student shows an BELOW AVERAGE commitment & dedication to the class. They are showing signs of disrespect towards the teacher as well as their classmates by displaying distracting behaviour during instruction. Their attitude is Negative in Physical Education
1	Student shows very little commitment & dedication to the class. They are constantly disrespectful of the teacher, as well as their classmates, by being distracting and using behaviour that negatively affects those around them. Their attitude is very poor and further attitude and behaviour like this will result in a phone call home.
0	The student's behaviour results in their removal from class activities. They are always disrespectful of the teacher as well as their classmates by being distracting and using behaviour that negatively affects those around them. Their attitude is EXTREMELY poor and further attitude and behaviour like this will result in a phone call home.

Score	My Personal Fitness Effort
10	My effort was consistently at the best I could have possibly done. I bettered my time/distance (when applicable) compared to last time. I did not walk once during the fitness run.
9	I improved my time/distance (when applicable), but I know I could have done better if I gave a little more effort. I did not walk once during the fitness run.
8	My time/distance (when applicable) stayed the same , but I know I could have done better if I gave a little more effort. I did not walk once during the fitness run.
7	My time/distance (when applicable) stayed close to the same , but I know I could have done better if I gave a little more effort. I walked during the fitness run but it was for no more than 10 seconds .
6	My time/distance (when applicable) was not as good as last time , but I know I could have done better if I gave a little more effort. I walked during the fitness run but it was for no more than 30 seconds .
5	My time/distance (when applicable) was not as good as last time , but I know I could have done better if I gave a lot more effort. I often walked during the fitness run.
4	My time/distance (when applicable) was much worse than it could have been. I put in minimal effort during this fitness run, usually walking .

