

Physical Education Course Outline

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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 will we be studying this year?

Physical Education focuses on the following Big Ideas:

- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- We experience many changes in our lives that influence how we see ourselves and others.
- Healthy choices influence our physical, emotional and mental well-being.
- Physical literacy and fitness contribute to our success in and enjoyment of physical activity.
- Learning about similarities and differences in individuals and groups influence community health.

Course Evaluation:

Students will be evaluated on the following areas of development -

1. Affective Participation
 - a. Sportsmanship
 - b. Cooperation
 - c. Overall behaviour, attitude, effort, preparedness and participation.
2. Psychomotor/Fitness
 - a. Skill improvement
 - b. Skill assessments
3. Cognitive
 - a. Knowledge of content

Required P.E. Strip:

Given the current ongoing situation with COVID-19, students will not be permitted to use the change room and therefore are not required to change into athletic clothes. That said, students are still expected to arrive at school in appropriate clothing each day that they have PE. The following strip is still expected:

- Non-marking athletic shoes
- Clothing and supplies (water bottle, sunscreen, etc.) appropriate for outdoor weather conditions where applicable.

Security and Health Information:

- Students are not to leave the gym area until dismissed by their teacher.
- All injuries should be reported immediately to the teacher.



Basic Gym Rules:

- Be safe at all times
- Practice the three R's - respect for self, others and environment.
- Food and drink is not permitted in the gym.
- Gym facilities and equipment are off-limits when unsupervised.

What should be done if a student's participation needs to be limited in Physical Education?

- **A note is to be brought to class, signed and dated by a parent, stating the student's medical condition and telling what they can or can't do and length of time that they will need to be excused. If this time period exceeds 3 classes, a doctor's note will be required..**
- If a student is healthy enough to be at school the teacher will try to find a suitable activity for them to complete (i.e. walking, helping score keep, etc.)
- If there is an ongoing medical concern that might affect your child during the year, please inform the teachers through the field trip parent permission form, email or a phone call.

Physical Education Work Habits: Performance Scale

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<p>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 good work habits and effort in all you do.</p>	<p>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 constantly 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 and effort most of the time.</p>	<p>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 un-attempted. 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 respect for your peers, adults and equipment. Your work habits and effort need to improve.</p>