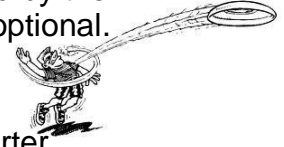




BERT CHURCH HIGH SCHOOL  
**PHYSICAL EDUCATION DEPARTMENT**  
2020-2021

The aim of the Grade 9-12 Physical Education program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. Physical Education 9 & 10 are compulsory subjects as outlined by the Department of Education. Physical Education 20 & 30 are considered optional.



### Teachers:

Mr. I. Ferguson  
Ms. R. Nguyen

Mr. A. Kirk  
Mr. B. Nordoft

Ms. A. Marter  
Mr. M. Sera

### General Outcomes:

The Physical Education program is based on four general outcomes:



- A. **ACTIVITY** – Students will acquire skills through a variety of movement activities.
- B. **BENEFITS HEALTH** – Students will understand, experience and appreciate the health benefits that result from physical activity.
- C. **COOPERATION** – Students will interact positively with others.
- D. **DO IT DAILY...FOR LIFE** – Students will assume personal responsibility to lead an active way of life.

### Dress: We strongly encourage students to come to school in clothing that will allow them to actively engage in physical activity.

Due to the COVID-19 pandemic, students will not have access to the change rooms and as such will not be able change clothing. . Whenever possible we will be outside, and students should come prepared to participate outside.

### Locker Rooms:

The locker rooms will be used to store student belongings during class time. Protocols will be in place to ensure proper physical distancing and supervision during the drop-off and pick-up of belongings. Doors will be locked, and the space will be inaccessible during class time.

### Medical:

Please discuss any medical concerns with your teacher as soon as possible and come up with a plan to have necessary medications and/or equipment with you while in class. If an injury prevents you from participating a doctor's note may be required to ensure a safe return to activity.



### General Expectations:

Respect yourself and those around you.

Take responsibility for your actions, our ability to participate in activity safely involves everyone working together to follow our protocols.

Respect the personal space of those around you and be mindful of instructions as to the handling/sanitizing of equipment.

Work to your fullest potential each class.





### Evaluation:

- A. ACTIVITY – Students will acquire skills through a variety of movement activities.
- B. BENEFITS HEALTH – Students will assess their fitness, set goals, develop a personal fitness program and evaluate progress to improve their physical fitness.
- C. COOPERATION – Includes attitude, sportsmanship, leadership, and initiative
- D. DO IT DAILY...FOR LIFE – Students daily participation and effort

### Assessment

Category	Assessments	Category Weight
Activity	Assignments based on skill development	15%
Benefits Health	Benefits Health assignment	20%
Cooperation	In-class teacher evaluation	25%
Do it daily...for Life	Student self-assessment in consultation with teacher, or parent if activity must be performed at home.	40%

**Attendance:** Absences must be called in by noon the following day in accordance with Bert Church High School Attendance policy.

Physical Education, is primarily evaluated on active participation. If a student has an **excused absence** they will need to discuss with their teacher how best to manage the missed participation.

A student with an **unexcused absence** will be assigned a mark of zero for the day of that absence, as they have chosen not to participate.



### Text Books (PE 20/30):

Foundations of Exercise Science: studying human movement and health: cost \$60



