



BERT CHURCH HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT
2015-2016

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. M. Chomistek
Ms. A. Marter

Mr. I. Ferguson
Mr. B. Nordoft

Mr. A. Kirk
Mr. M. Sera

General Outcomes:

The Physical Education program is based on four general outcomes:



1. Students will acquire skills through a variety of developmentally appropriate movement activities in an alternative environment.
2. Students will understand, experience and appreciate the health benefits that result from physical activity.
3. Students will interact positively with others.
4. Students will assume personal responsibility to lead an active way of life.

Dress:

Students are expected to change completely into appropriate gym strip and proper footwear. (no sandals, bare feet, cut-offs, or graphic t-shirts). **GYM STRIP MUST BE WORN APPROPRIATELY** so that undergarments are not visible at any time.

Locker Rooms: DO NOT LEAVE ANY VALUABLES IN THE CHANGE ROOMS.

We expect that you will respect other people's property. We expect that inappropriate behavior in the locker rooms such as wrestling, verbal or physical abuse, or property damage will not occur. Absolutely no food or drink is allowed in the locker room. The school is not responsible for lost or stolen property.

Medical:

If illness or injury prevents a student from participating in any activity, a doctor's note is required. Alternative assignments will be provided.



General Expectations:

Prove to us that you want to be successful by being responsible.

DO NOT be late.

When asked to do something, please respond as quickly as possible.

NO COMPLAINING. NO EXCUSES. PERIOD.

We do not save ourselves for practice or for a game later that day.

Come to work and work to your fullest potential each class period.





Evaluation:

1. Participation – includes effort, attitude, sportsmanship, leadership, and initiative
2. Fitness Tests – endurance, speed, strength, and agility.
3. Cognitive – tests exams, and other related assignments.
4. Service Hours- requirement of 5 hours for Physical Education 20 & 30 students.
5. Final Exam – applicable to Physical Education 30 students only.

<u>Categories</u>	<u>P.E. 9 & 10</u>	<u>P.E. 20</u>	<u>P.E. 30</u>
Skills	10%	10%	10%
Fitness	15%	20%	20%
Participation	60%	40%	40%
Cognitive	15%	20%	20%
Service Hours	0%	10%	10%



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, therefore attendance is mandatory. If a student has an **excused absence** (medical, illness, funeral, school function), the following 3 options will be made available:

1. Complete a 1-hour written PE packet assigned by the teacher. This packet must be completed and passed for the student to obtain a mark of 5 out of 10. This packet is due the following day. (Can be located on PE Moodle sites).
2. Work out in the fit center before or after school on an assigned day by your teacher.
3. Work out in the fit center for 2 consecutive noon hours on assigned days by your teacher.



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

Fees:

It is required that all Physical Education 20 & 30 students pay a \$75.00 fee.



Text Books:

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

