BERT CHURCH HIGH SCHOOL

# PHYSICAL EDUCATION DEPARTMENT

2017-2018

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 | Mr. A. Kirk | Ms. A. Marter |
| Mr. B. Nordoft | 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:

Students are expected to change completely into appropriate gym strip and proper footwear. (no sandals, bare feet, tank-tops, cut-offs, and hats if inside). **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:

Show respect to everyone, including yourself.
Prove to us that you want to be successful by being responsible.
**DO NOT be late.**
Come to work and work to your fullest potential each class period.
**NO COMPLAINING. NO EXCUSES. PERIOD.**
We do not save ourselves for practice or for a game later that day.
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## Evaluation:

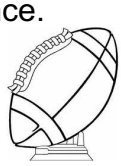
A. ACTIVITY – Students will acquire skills through a variety of movement activities.
B. BENEFITS HEALTH – Fitness goal setting and testing
C. COOPERATION – Includes attitude, sportsmanship, leadership, and initiative
D. DO IT DAILY…FOR LIFE – Students daily participation and effort (PE 20 & 30 will also have to complete Service Hours)

| Categories | P.E. 9 & 10 | P.E. 20 & 30 |
|---|---|---|
| Activity | 15% | 20% |
| Benefits Health | 15% | 15% |
| Cooperation | 30% | 25% |
| Do it daily…for Life | 40% | 30% |
| | | 10% - Service Hours |



**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 student may make up the time by working out in the fit centre during focus within 2 weeks of the excused absence.



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

