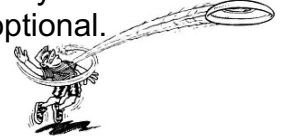




BERT CHURCH HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT

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.



General Outcomes:

The Physical Education program is based on four general outcomes:



1. Activity: Students will acquire skills through a variety of movement activities
2. Benefits Health: Students will understand, experience, and appreciate the health benefits that result from physical activity
3. Cooperation: Students will interact positively with others
4. 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, 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. **Cell phone usage is NOT permitted in the change rooms!**

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.

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, and other related assignments.
4. Service Hours- requirement of 5 hours for Physical Education 20 & 30 students.

<u>Categories</u>	<u>P.E. 9 & 10</u>	<u>P.E. 20/30</u>
Activity	15%	10% 10% - Field Trips
Benefits Health	15%	15%
Cooperation	25%	15%
Do It Daily...	40%	35% 10% - Service Hours
Do It Daily – Gym Strip	5%	5%



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

If a student has an **excused absence** (medical, illness, funeral, school function), they will need to discuss with their teacher how to best 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.

Reassessment: Students will have the opportunity to make up missed work throughout the term/semester. Such opportunity may be provided during class time, or on their own time. Students should approach their teacher if work has been missed and make necessary arrangements as needed. They will have a two-week window of opportunity to do this. If this window closes, a discussion may be had, near the end of term/semester, to see what arrangements may be made to complete missing work.

Fees:

Students will pay for the field trips they choose to attend. These costs will vary pending on the field trip.

