

École Panorama Ridge Secondary

Grade 8 Course Outline & Policies

The Big Ideas PHE Gr. 8



Evaluation:

- 60% Physical Literacy
- 20% Active Living
- 20% Health (Social and Community Health, Mental well-being)

Physical Literacy (60%) and Active Living (20%):

Fundamental movement skills in a variety of physical activities and environments	Safety, fair play, and leadership in physical activities	Participate daily in physical activity designed to enhance and maintain health components of fitness
Movement concepts and strategies in different physical activities	Identify and describe preferred types of physical activity	Monitoring and adjusting exertion levels in physical activity

Assessment examples (may vary teacher to teacher):

- -Daily participation mark /10, Unit participation mark, self-assessment, journals, Fitness testing, 2-3 lap school run /10

Health (20%): Social Health, Community Health, Mental Health

- Promoting healthy eating choices in different settings
- Assess factors that influence healthy choices and identify factors that influence health messages from a variety of sources.
- Identify and apply strategies to pursue personal healthy-living goals
- Reflect on outcomes of personal healthy-living goals and assess strategies used
- Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Propose strategies for responding to discrimination, stereotyping, and bullying
- Propose strategies for developing and maintaining healthy relationships
- Create strategies for promoting the health and well-being of the school and community
- Describe and assess strategies for promoting mental well-being, for self and others
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others
- Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence
- Explore and describe the impact of transition and change on identities

Assessment examples (vary teacher to teacher):

- Guest speaker, journals, nutrition log, reflection*

PROFICIENCY SCALE

4 POINT SCALE/ NUMERICAL EQUIVALENT	EMERGING 1-5	DEVELOPING 6	PROFICIENT 7-8	EXTENDING 9-10
LETTER GRADE	C-	C, C+	B	A

<p>Extending = 9 -10 In PE strip, on time, AWESOME attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment and demonstrates LEADERSHIP.</u></p>	<p>Proficient = 7-8 In PE strip, on time, GOOD attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment.</u></p>
<p>Developing = 6 In PE strip, on time, GOOD attitude and participation, on task, good consistent effort and respects peers and teachers.</p>	<p>Emerging = 1-5 Is late for class, not in full gym strip, negative attitude towards activities and fellow athletes, displays disruptive and disrespectful behaviour or puts out minimal effort.</p> <p>Is absent or truant.</p>

****Please review the PHE Policy found on the PHE 8-10 PowerPoint Presentation****