



**EARL MARRIOTT SECONDARY SCHOOL**  
 Department of Physical & Health Education  
Course outline- Grades 8, 9 and 10

**Why is it important to take PHE?**

<u>Physical Literacy</u>	<u>Healthy &amp; Active Living</u>	<u>Social &amp; Community Health</u>	<u>Mental Well-Being</u>
Why is it important to learn to move?  Why is play important?  How do I get better?	What does fit look like?  Why is it important to be fit?  Are you fit? How do you know?	What influences the choices you make?  What are the consequences of the choices we make?	What is the hardest part about being a teenager?  What does a healthy teenager look like?

***Aim of Physical & Health Education***

The aim of physical and health education is to enable all learners to enhance their quality of life through active learning.

***Objectives of the Program:***

1. To develop and maintain positive personal and social behaviors and interpersonal relationships.
2. To develop a positive attitude towards participation in Active Living.
3. To encourage students to participate in a variety of activities for personal enjoyment, skill development and physical fitness.

The objectives of physical education will be met through a variety of activities called units. The units taught will depend on factors such as teacher expertise and available facilities. Examples of units generally taught are Volleyball, Basketball, Social Dance, Soccer, Softball, Weight Training, Football, Active Health, Wrestling, Self Defense, and Rugby. Teachers may also include field trips such as downhill skiing, 5-pin or 10-pin bowling, pool and others. Please note that students may be taken off school grounds under the supervision of their teacher for activities such as: beach runs, and fieldtrips.



## ***Policy for students:***

### **A. Medical Excuses, Absences and Notes**

15 absences will result in an evaluation mark of Incomplete (I). NO final grade will be given UNTIL the missed classes have been made up. Absences in excess of 15 may result in a course failure.

Medical Excuses: All students are expected to participate in physical education class. A note from parents of guardians may exempt a student from participation in certain parts of the class or for a short period. If a student is to be excused over a longer period of time, a note from her/her doctor is needed and should state the specific length of time the student should be excused from participation. Students exempt from participation may be asked to complete special assignments and projects that will be evaluated for marks.

Absences: Excused absences can be made up either by going to CLUB-MARRIOTT after school, or completing a written assignment given by a teacher.

Excused Absences: Medical excuses, school field trips or authorized family trips. Marks lost due to “no-strips” and unauthorized absences CANNOT be made up. Students are expected to try to complete required “make-up” hours before an extended trip departure. Participation in an event or activity outside of the school with a note asking permission for a student to be excused from PE does not warrant an excused absence.

Notes: Should explain the specific injury, the date, rehabilitation time, and must be written and signed by a parent. The student MUST still bring strip to class in the event that a modified program can be assigned.

### **B. P.E. Strip**

Each student is required to have the following for P.E. classes: T-shirt, shorts or sweat pants, socks, and proper running shoes (cross-trainers or jogging shoes without black soles). Leisure footwear is not appropriate (*vans, keds, pumas, slip-ons or other thin-soled shoes*). As well, cut-offs, spaghetti strap tops, and short tank tops are inappropriate for P.E. class. Students must change in to and out of their strip for each class. Students who arrive without strip will be marked as “no strip” which will affect their participation mark. (*See Evaluation*).

### **C. General Rules and Etiquette**

- Lockers are provided in changing rooms for use only during PE periods. To prevent theft of your personal belongings make sure you lock it up or bring it to the teaching area.
- **We do not take responsibility for items left unlocked in the changing room or gymnasium**
- Students are expected to remain in the gym after changing until the bell rings
- There is absolutely no food, drink (unless water bottle), gum, candies, or skateboards in the gymnasium at anytime



## **Evaluation**

Evaluation is continuous and is done on a daily basis using a 5-point scale.

5-Excellent	Encouraging and supporting others, leadership skills, acceptance of others. Volunteering, helping others to learn, outstanding attitude, Participation and effort.
4- Good	Has good attention- control and emotional control, positive attitude, displays fair play skills and appropriate competitive behavior. Is cooperative and respectful to others
3- Average	On task, Adequate in areas of attitude, participation and effort.
2- Poor	Lack of attention- control and emotional control. Inappropriate competitive behavior, poor etiquette and disrupts the learning of others
1-Very Poor	Inappropriate strip and inappropriate behavior:
0	Absent or truant, removed from class for inappropriate personal behavior.

### **1. Participation/Personal and Social Responsibility (60%)**

Evaluation is based upon the students's level of intensity and effort when performing an activity in class. The teacher will observe whether the student has applied him/herself to the best of their ability. Evaluation is continuous and is done on a daily basis using a 5-point scale. Lates and no-strips will result in a loss of marks for that daily participation

### **2. Movement (20%)**

Students will demonstrate efficient and effective movement and body mechanics. A skill test specific to the activity or unit may be given. Students will be evaluated individually and in game situations.

### **3. Active living (20%)**

Students will need to demonstrate their understanding of principles and concepts that support active living. A written or oral test may be given to evaluate the students understanding of rules, techniques, strategies, etiquette and history.

\*\* Note: A fitness mark throughout the semester will be incorporated into your final grade.

## **GRADING**

*Grades assigned will be based on the following percentages:*

A = 86% or more- EXCELLENT B = 73-85%- VERY GOOD C+ = 68-72- GOOD  
C = 60-67%- SATISFACTORY C- = 50 -59% MINIMALLY ACCEPTABLE F = 40-49% - FAILURE



**PLEASE COMPLETE THIS PAGE AND RETURN IT  
TO YOUR TEACHER IMMEDIATELY!**

Teacher: \_\_\_\_\_ Period: \_\_\_\_\_ Grade: \_\_\_\_\_

Your Name: \_\_\_\_\_ Division: \_\_\_\_\_

Student Number: \_\_\_\_\_ Medical Plan #: \_\_\_\_\_

Home Phone#: \_\_\_\_\_ Emergency Contact#: \_\_\_\_\_

Parent/ Guardian Email: \_\_\_\_\_

***Please read the following and sign below:***

I have read the Course Outline for Physical Education students in grade 8-12 and understand the policies and procedures outlined. Should I not abide by these policies and procedures, I am subject to the consequences stated.

I give my son/daughter permission to leave the school grounds under the supervision Of his/her teacher for activities such as: beach walks/runs, and field trips Within walking distance (bowling, pool, etc.) during the spring/fall semesters.

\_\_\_\_\_

Parent / Guardian Signature

\_\_\_\_\_

Parent / Guardian Signature

\_\_\_\_\_

Student Signature

**Medical Alert information and/or medical concerns/conditions:**

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*If you have any questions regarding Earl Marriott Secondary's Physical Education Program, please feel free to contact us at the school. Also, if you have any health or fitness questions or uncertainties please contact us as we would be pleased to answer your questions.*