*Daily Physical Activity is a course requirement!!!!!!*

Appropriate P.E. Clothing:

* A complete change of clothes for all weather conditions
* Properly tied athletic shoes that won’t fall off

Changing Policy:

* 5 minutes at the beginning of class & 10 minutes at the end
* Gym Lockers = Day use Only
* Please do not leave valuables in the Locker Room!!!!!!

Medical Excuses/Absences:

* Parent Note: 1-4 classes; over 4 = Doctor’s Note
* Expected to change everyday to participate in modified activity
* Classes can be made up upon recovery

Gym Rules:

* No Gum, Food, Juice or Pop is allowed in the gym

### *P.H.E. provides the opportunity for students to develop an understanding of the importance of an active and healthy lifestyle. Students will explore the**relationship of physical activity to social and mental well-being.*

### *“Daily physical activity = a healthy mind, body, and soul.”*

PHYSICAL & HEALTH EDUCATION (P.H.E.) 8-10

## POLICIES AND PROCEDURES

## ASSESSMENT

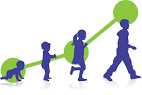
**PHYSICAL ACTIVITY:**

[](http://www.google.ca/url?url=http://www.123rf.com/clipart-vector/man__mind.html&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwjgh7HU9ITLAhUByWMKHdUUBJ8QwW4IMzAO&usg=AFQjCNHzqS3BhefWOr9fm6qNfPzTywthJQ)

* improve test scores
* reduces stress
* improve mood
* reduces anxiety/depression
* improves self-esteem



* reduces heart disease
* improves life expectancy
* decreases medication needs
* manages healthy weight
* improves sleep
* decreases risky behaviors
* decreases illness

[](http://www.google.ca/url?url=http://cbanzon.wix.com/growth-and-development&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwik-pTQ4oTLAhVQwmMKHfrQCAMQwW4IFTAA&usg=AFQjCNHy3n5RvQT5DPUSYISJx_H1QOuYRA)

* increases strength
* increases endurance
* increases flexibility
* increases energy
* promotes optimal growth