

Enver Creek Physical Education 11 & 12 Policies and Procedures

Appropriate P.E. Clothing

- **Appropriate clothing during regular P.E. classes consists of:**
 - A **complete change** of clothes for all weather conditions
 - T-shirt (with short or long sleeves) and shorts or a tracksuit, running shoes and socks
 - For safety reasons, jewelry must be removed, long hair must be tied back and shoelaces must be tied tightly enough to ensure that running shoes will not fall or fly off.
- **Appropriate clothing during dance consists of:**
 - Running shoes, full-length shirt with short or long sleeves, pants, skirts, and or shorts.
- **Inappropriate P.E. clothing consists of:**
 - Any portion of your regular street clothing or team uniforms
 - Half T-shirts, muscle shirts, sleeveless T-shirts or tank tops, cut-offs, sport sandals

Changing Policy

- Students have between 3-5 minutes to change and get to the required meeting area at the beginning of class. Students will be given between 5-10 minutes at the end of the class to get changed. After changing their clothes students must return to the main gym and wait for the final bell. Detentions and loss of daily evaluation marks are the consequences for arriving late or leaving early.

Medical Excuses

- Medically excused students will be **expected to change every day** and participate in a modified P.E. related activity or complete an assignment or make up the class at a later date. It is our intent that students are as active as possible and therefore P.E. strip is required under **ALL** circumstances.
- Modified programs will be given to suit individual needs. For example:
 - Broken Arm – student can work their legs on a bike or the weights, stretch or officiate
 - Sprained Ankle – student can work their arms on the weights, stretch or officiate
- A note from a parent is required to excuse a student from regular activities for several classes.
- A note from a doctor is required to excuse a student from regular activities for a week or more.
- All notes must include the following: the date, the student's name, the medical situation, what the student's limitations are and what they are capable of doing

Absences

- Regular attendance is a course requirement.
- Students must bring a note directly to their P.E. teacher explaining all absences.
- Students are required to make up all work missed during their excused absence as soon as possible.
- Arrangements must be made with your P.E. teacher to make up work before school, at lunch or after school.
- Excused absences include the following: Participation in school sponsored activities and field trips with the P.E. teacher's permission and absences in which a note has been provided.
- Daily Evaluation marks will be lost for unexcused absences. Unexcused absences include the following: skipping out and absences for which a note has not been provided.
- Unexcused absences will be considered as truancy and will result in office referrals.

Student Athletes

- While all students are encouraged to participate on school teams, students must attend and participate in physical education classes in order to attend practices or play in the game on that day as outlined in the Athletic Policies and Regulations.

No Strip Policy

- If you come to class with no strip you will be asked to do something by your P.E. teacher. It may be a written assignment, officiating, cleaning and/or participating (with modifications) in the activity. Consequences for no strip could include the following: loss of daily evaluation marks, detentions, parental contact, and/or office referrals for repeated offenses.

Student Use of the Gym Facilities

- Lockers in the changing room are for single class use only.
- All belongings must **be removed** at the end of every class.
- Never leave anything unattended in the changing rooms, lock all your belongings in a locker.
- Cleats are not to be worn inside the school at anytime.
- No gum, food, juice or pop is allowed in the gym at anytime.
- Absolutely no use of equipment or facilities without first asking permission to use it.
- You must be under the **direct supervision** of a qualified P.E. teacher or coach at all times.
- Running shoes must be worn on the gym floor at all times.
- Lunchtime gym use has a designated schedule of teachers and activities.
- Students require a **GO CARD** to sign out equipment.
- Students may join the weight-training club and use the weight room before and after school.
- Gym use is a privilege. If you behave in an inappropriate manner, break the rules, mistreat the equipment or the facility you will be asked to leave and possibly be suspended from future gym use.

Student Evaluation

PE 11 In-School

Daily Evaluation	67%
Fitness	10%
Leadership Hours	8%
Theory	15%

PE 12 In-School

Daily Evaluation	63%
Fitness	10%
Leadership Hours	12%
Theory	15%

Daily Evaluation Marks (0 – 5): attitude, effort, behavior and participation

5 Excellent	Outstanding attitude, participation and effort. Encouraging and supporting others, excellent leadership skills, accepts others and facilitates their learning. Highly motivated and shows initiative.
4 Good	Positive attitude, good participation and effort. Can control emotions, displays fair play and appropriate competitive behavior. Is self-motivated.
3 Average	Generally on task. Participates at a satisfactory level. Effort and attitude meet acceptable standards. Motivation and initiative are low.
2 Poor	Lack of attention and emotional control, inappropriate competitive behavior, poor etiquette, disrupting the learning of others. Effort and attitude do not meet acceptable standards.
1 Very Poor	Attitude, participation and effort do not meet acceptable standards. Inappropriate or no strip. Disrespectful to teachers and peers. Negative affect on the learning of others.
0 Unacceptable	Unexcused absence or truancy. Disappears during class. Must be removed due to inappropriate behavior or unsafe participation practices.

Cognitive Evaluation

Students may be asked to write tests or complete assignments on rules, techniques and strategies for specific sports, health and wellness, active living and human anatomy.

Physical Fitness Evaluation

Students will take part in various on going fitness activities to test, monitor and improve their physical fitness levels. Students will be expected to reflect upon their progress and their individual physical fitness levels.

Leadership Hours

All P.E. 11 and 12 students must complete Leadership Hours. Students will be given a separate sheet explaining the requirements for leadership hours.