**ARDROSSAN JUNIOR HIGH SCHOOL**

# PHYSICAL EDUCATION DEPARTMENT

**GENERAL INFORMATION - PHYS ED**

### ABCD’s OF PHYSICAL EDUCATION

###  “*A*ctivity *B*enefits Health *C*ooperation *D*o it *D*aily for Life*”*

To develop an interest in fitness and sport activities students will:

A. Select, combine, and perform specific basic skills in a variety of games and individual pursuits through Grade 7 and 8. Grade 9 students will apply and refine these basic skills. Students should be able to apply these skills in a variety of environments while using different equipment

B. Identify, assess and apply the principles of health benefits that result from physical activity.

C. Practice positive behaviours that demonstrate cooperation, etiquette, fair play and respect for others. Students will develop practices that contribute to teamwork, leadership and the ability to lead and follow others.

D. Participate regularly in and realize the benefits of an active lifestyle. Determine challenging personal and team goals based on interests and abilities. Students will identify and apply rules, routines and procedures for safety in a variety of activities from all dimension of physical education.

## EVALUATION

A. Activity Skills 15 %

B. Benefits Health Fitness 15 %

C. Cooperation Attitude/Effort 25%

D. Do it Daily Attendance/ Participation 45%

All assessments of Phys Ed General Outcomes will be using a rubric of

‘A+, A,B,C,D’

GENERAL INFORMATION

1. All common classroom expectations also apply to the PE classes.
* Please be on time!! You are due in the class, changed and ready to begin at a specified time. Lates will be recorded.
* Please be changed into suitable PE attire. Clothing requirements for activities include: T-shirt, shorts, (NO cutoffs), socks, runners, (one pair of non-marking indoor shoes and one pair of outdoor shoes), sweat shirt and sweat pants or track suit for cooler outdoor weather, bathing suit and skates.
* Running shoes are the most important part of the gym outfit. The runners do not have to be top of the line, but please ensure profit fit and support are adequate. Newly finished floors mean indoor, non marking soles are required. These shoes must be different than the outside shoes please. For safety reasons, DO NOT wear fashion runners or sandals. **If you do not have suitable runners, you will be considered NOT CHANGED.** After 3 such incidences, a student will receive an Office Referral Form.
1. Safety and security are important aspects of the PE environment.
* Jewelry and Watches could be dangerous to you as well as fellow classmates. Please lock valuables in your locker.
* Cell Phones and Tablets are not required in PE. YOU DO NOT BRING THEM TO CLASS UNDER ANY CIRCUMSTANCE. Please leave them locked in your hallway locker.
* No gum, food, or beverages in the gym or change rooms.
* Please ask permission to leave the teaching area.
* Do NOT use PE equipment without permission or without a teacher present. Please do not enter equipment rooms without permission.
* Teachers, not students, operate the stereo systems.
* Abuse or theft of equipment will require full replacement cost by student prior to the student being admitted back to class. This is a major offense.
1. General expectations for participation:
* If you are well enough to be at school, you are well enough to CHANGE for PE. If you are not feeling well and you are at school, you have 2 options: Phone parent/guardian and asked to be taken home or change for PE and let the teacher know you are not feeling well. Your condition will be taken into Modify activity for that day. Often, you might even feel better after some activity! Having a cold is NOT a reason to be excused from PE class!!
* Injuries do occur. However, an injured student can be an active participant in almost any phase of the PE program at some modified level. There are very few injuries that are debilitating to the extent where you can do nothing; if you are hurting, come prepared to do something that will allow you to be a contributing member of the class. An extended injury (longer than three weeks) may result in your being reassigned to a classroom for the extent of the injury.