



WELCOME TO PE 9

Mrs. K Wiebe



2021-22

General Outcomes in Physical Education (A,B,C,D):

Activity: to acquire skills in various movement activities such as games, dance, outdoor pursuits, etc.

Benefits Health: to understand the health benefits that result from activity

Cooperation: positive interaction with others; develop and appreciate leadership skills

Do it Daily for Life: to learn the value in leading an active lifestyle

(Outcomes B,C, and D will be achieved through safe and active participation in activities in Outcome A.)

Supplies Needed:

- Running shoes: to be used for indoor use only
 - : must not leave scuff marks on the floor
 - : no sandals please
- Change of clothing (ie. shorts, sweatpants, T-shirt)
- Optional: duotang for any notes, handouts, or exams
- If possible: ball glove, skates and helmet, bicycle and helmet, bathing suit

Guidelines for Success

- A-** act safely
- B-** be prepared and positive
- C-** cooperate with others
- D-** do your best

PE Daily Participation Rubric

5	<ul style="list-style-type: none">• consistently demonstrates a high level of effort• consistently follows safe practices of self and others• on time and changed for class• an ongoing display of enthusiasm toward the activities coupled with a positive attitude• consistently demonstrates etiquette and fair play• uses language conducive to classroom setting
4	<ul style="list-style-type: none">• frequently demonstrates a necessary level of effort• frequently follows safe practices of self and others• on time and changed for class• displays enthusiasm toward the activities while maintaining a positive attitude• demonstrates etiquette and fair play• uses language conducive to classroom setting
3	<ul style="list-style-type: none">• demonstrates an acceptable level of effort• generally follows safe practices of self and others• on time but not changed for class or late for class but changed• an acceptable level of enthusiasm toward the activities• for the most part exhibits a positive attitude• etiquette and fair play are at acceptable levels• uses language conducive to classroom setting

2	<ul style="list-style-type: none"> • displays a minimal level of effort • sometimes follows safe practices of self and others • not prepared to participate in class • late for class • displays an indifferent attitude • occasionally plays fairly and shows proper etiquette • participates only when interested or encouraged by the teacher • language used is <u>not</u> conducive to classroom setting
1	<ul style="list-style-type: none"> • little or no effort displayed • rarely follows safe practices of self and others • not prepared to participate in class • late for class • expresses disinterest in activities • demonstrates little or no willingness to follow rules • language used is <u>not</u> conducive to classroom setting

Inexcused absences: student will be given a "0" for daily participation.

Guideline of Course Activities:

August 30

Introduction to the course



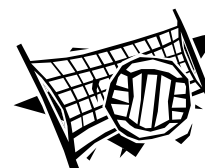
August 31-Sept. 10

-Soccer (indoor and outdoor) (4)

-Flag Football/Arena Football (4)

Sept. 13 – Oct.22

-Volleyball (27)



Oct.26 - Nov.5

-Team Handball (9)

Nov.8 - Dec. 17

-Basketball (27)



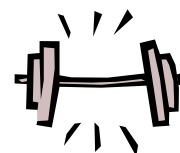
Christmas Holidays (Dec. 18-Jan. 4)

Jan. 5-14

-Fitness (8)

-Fitness Testing

-Circuit Training



Jan. 17-Feb. 11

-Skating/Ice Hockey/ Floor Hockey

-Curling



Feb. 14-25

-Gymnastics (8)



Feb. 28-March 18

-Cooperative Games (13)

Spring Break (March19-March 27)

March 29-April29

-Badminton (22)



May 3-31

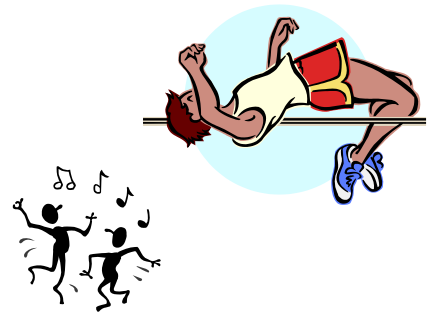
-Track and Field (20)

June 1-3

-Social Dance (3)

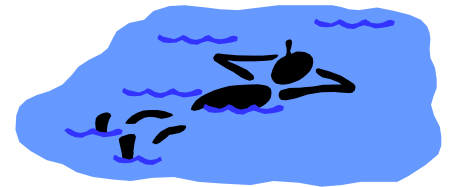
-Line Dance

-Partner Dance



(June TBA)

-Swimming (2-3)



June 7-21

-Mini Units (11)

-Bowling

-Power walk

-Cycling

-Slow Pitch

-Ultimate Frisbee



COURSE EXPECTATIONS:

1. Students are expected to come to class dressed in appropriate attire (ie. shorts/sweat pants, t-shirt, clean running shoes), other than what was worn to school during that day. If classes are held outdoors, students should be dressed according to the weather.
2. Students are required to bring a note from home in case of any absence or reason of non-participation. A note from the doctor is required if a student incurs five consecutive classes of non-participation.
3. Students must be dressed and ready to participate on time. Lateness and inappropriate attire makes it more difficult for the student to partake to their best ability.
4. Hand sanitation is encouraged, thus sanitizer will be provided at the gymnasium entry.
5. Off-campus forms must be signed by a parent or guardian and handed in on time in order for the student to partake in off-campus units (ie. curling, aquatics, cycling)
6. Absolutely no eating, drinking of pop, or gum chewing will be allowed. No cell phones are allowed in the change rooms or in the gym.
7. Long hair should be tied back and all jewelry must be removed. DO NOT LEAVE VALUABLES IN THE LOCKER ROOM OR LOCKER. Lockers should be locked at all times with a school lock that can be purchased at the main office.
8. Showers are available for student use, if students are interested.
9. A safe environment must be maintained at all times; therefore respect must be shown to your teacher, your peers, and yourself. We are all here to learn and have fun!

COURSE EVALUATION:

A) Term Report:	Participation	70%
	Skills	20%
	Exams	<u>10%</u>
		100%



- B) Final Grade:** The mark is cumulative throughout the year. There is no final exam in PE.

BE ACTIVE! FEEL GOOD! STAY HEALTHY! BE YOUR BEST!