



## Welcome to PE 7 2022-23



**Mrs. Wiebe**

### **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:**

### **Guidelines for Success**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>● Running shoes: to be used for <u>indoor</u> use only               <ul style="list-style-type: none"> <li>: must not leave scuff marks on the floor</li> <li>: no sandals please</li> </ul> </li> <li>● Optional: duotang for any notes, handouts, or exams</li> <li>● If possible: ball glove, skates and helmet, bicycle and helmet, bathing suit</li> </ul> | <ul style="list-style-type: none"> <li><b>A-</b> act safely</li> <li><b>B-</b> be prepared and positive</li> <li><b>C-</b> cooperate with others</li> <li><b>D-</b> do your best</li> </ul> |
|---|---|

## PE Daily Participation Rubric

5	<ul style="list-style-type: none"> <li>● <b>consistently demonstrates a high level of effort</b></li> <li>● <b>consistently follows safe practices of self and others</b></li> <li>● <b>on time with proper footwear and changed for class</b></li> <li>● <b>an ongoing display of enthusiasm toward the activities coupled with a positive attitude</b></li> <li>● <b>consistently demonstrates etiquette and fair play</b></li> <li>● <b>uses language conducive to classroom setting</b></li> </ul>
4	<ul style="list-style-type: none"> <li>● <b>frequently demonstrates a necessary level of effort</b></li> <li>● <b>frequently follows safe practices of self and others</b></li> <li>● <b>late but with proper footwear and changed for class</b></li> <li>● <b>displays enthusiasm toward the activities while maintaining a positive attitude</b></li> <li>● <b>demonstrates etiquette and fair play</b></li> <li>● <b>uses language conducive to classroom setting</b></li> </ul>
3	<ul style="list-style-type: none"> <li>● <b>demonstrates an acceptable level of effort</b></li> <li>● <b>generally follows safe practices of self and others</b></li> <li>● <b>on time without proper footwear/change of clothing</b></li> <li>● <b>an acceptable level of enthusiasm toward the activities</b></li> <li>● <b>for the most part exhibits a positive attitude</b></li> <li>● <b>etiquette and fair play are at acceptable levels</b></li> <li>● <b>uses language conducive to classroom setting</b></li> </ul>

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

Inexcused absences; students will be given a "0" for daily participation.

**Guideline of Course Activities:**

**First Day**

- Introduction to the course



**August 31-Sept. 12**  
(8 classes)

- Soccer (indoor and outdoor)  
- Flag Football/Arena Football  
- Ultimate Frisbee  
- Modified Baseball

**September 13- Oct.26**  
(27 classes)

-Volleyball



**October 27-Nov. 4**  
(7 classes)

- Team Handball



**November 7-Dec.16**  
(28 classes)

- Basketball



**December 19-22**  
(4 classes)

- Dance

*Christmas Holidays Dec. 23-Jan. 8*

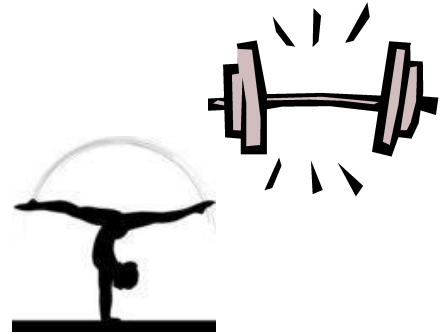
**January 9-20**  
(10 classes)

- Floor Hockey  
- Skating/Ice Hockey  
- Snowshoe/Cross-country ski



**January 23-Feb. 3**  
(9 classes)

- Fitness Testing
- Circuit Training



**February 6-23**  
(11 classes)

- Gymnastics
- Curling

**Feb. 24-March 8**  
(9 classes)

- Cooperative Games



*March 9,10: Teacher's Convention*

**March 13-April 28**  
(28 classes)

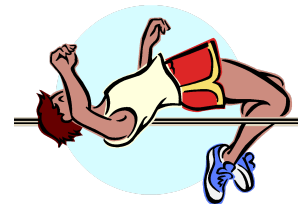
- Badminton



*Easter Break Apr. 7-16*

**May 1-26**  
(18 classes)

- Track and Field (14)
- Swimming



**May 29-June 19**  
(15 classes)

- Mini Units:**
- Ultimate Frisbee
  - Modified Baseball
  - Slow pitch
  - Kickball
  - Trail walks
  - Cycling
  - Golf
  - Bowling



## **COURSE EXPECTATIONS:**

- 1. Students are expected to come to class dressed in appropriate attire (ie. shorts/sweatpants, 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:**

<b>A) Term Report:</b>	Participation	80%
	Skills	10%
	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!**