



Welcome to PE 9 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

- Running shoes: to be used for indoor use only
 - : must not leave scuff marks on the floor
 - : no sandals please
 - Optional: duotang for any notes, handouts, or exams
 - If possible: ball glove, skates and helmet, bicycle and helmet, bathing suit
- 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 with proper footwear 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 ● late but with proper footwear 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 without proper footwear/change of clothing ● 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; 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

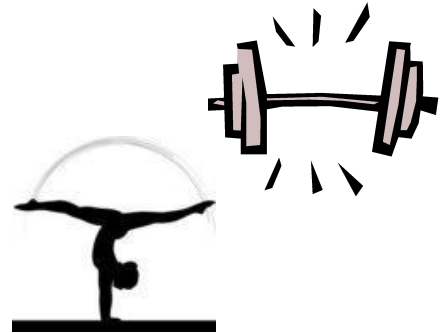
January 9-20
(10 classes)

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



January 23-Feb. 3
(9 classes)

- Fitness Testing
- Circuit Training
- Weight Room



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)

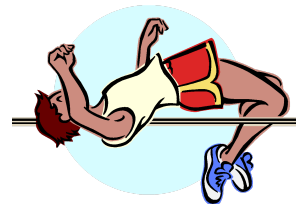
- Badminton



Easter Break Apr. 7-16

May 1-26
(18 classes)

- Track and Field (14)



May 29-June outdoor)

- Soccer (indoor and

- Flag Football/Arena Football
- Ultimate Frisbee
- Modified Baseball
- Kickball
- Trail walks
- Cycling
- Wiffle Ball Golf



As off-site facilities become available, activities such as curling, skating, swimming, bowling, and golf may be added to the curriculum.





COURSE EXPECTATIONS:

1. **Change rooms are currently closed due to Covid-19 protocols. We strongly encourage students to wear comfortable/flexible clothing to school. Clean running shoes are required. 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. **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. Trail walks, cycling).**
4. **Absolutely no eating, drinking of pop, or gum chewing will be allowed.**
5. **Students are encouraged to leave their cell phones in their cohort classroom, as they are not allowed in the gym, and we have no safe storage space for them.**
6. **Long hair should be tied back and all jewelry must be removed. Jewelry can be placed in a plastic bag in one of the PE offices, at your own risk.**
7. **A safe environment must be maintained at all times; therefore all sanitation procedures must be followed. 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 10%
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!