

Physical Education Course Outline

Proposed activities (dependant on restrictions):

Cross Country Running	Golf	Broomball
Football	Floor Hockey	Bowling
Soccer	Dance	Cooperative games
Badminton	Snowshoeing	Lacrosse
Volleyball	Gymnastics	Ultimate Frisbee
Basketball	Track and Field	Softball
Cross Country Skiing	Team Handball	Team Building
Fitness - An ongoing component of each class		

Student Expectations:

1. Students will not be required to change in PE to start the school year. Change rooms are only to be used for washroom purposes.
2. Masks will be worn to and from PE class and students will be instructed to remove them when an activity or game is set to begin.
3. Jewelry should be removed before class
4. Food, drinks, gum and cough candies are not allowed in the gym.
5. Students are to show respect for themselves, others and gym equipment/sporting facilities.
6. **Sportsmanship**, safety and appropriate behaviour must be demonstrated at all times.
7. Students are expected to participate in all activities to the best of their abilities.
8. Students not participating in PE class (illness or injury) must have a note from parent/guardian and bring it to class. As well, other class work needs to be brought to class.
9. HAVE FUN!!

Evaluation:

Students will be graded on the following aspects of the physical education program:

- Leadership - demonstration
- Effort and Participation
- Attitude - demonstrated in class towards activities and other members of class
- Skills - development and improvement
- Fitness - overall improvement of fitness throughout the year
- Knowledge - of rules, strategies, components of activities
- The teacher will evaluate each student on these components taking into consideration the student's input and self-evaluation
- A formal grade in physical education will be included on each of the two reporting periods throughout the year.

OUR GOAL: ENCOURAGE THE STUDENTS TO PARTICIPATE AND FIND AN ACTIVITY THEY ENJOY FOR LIFE LONG ACTIVITY!