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# Physical Education 9

Instructor’s Name: Mr. Wainman, Mr. Przybylski

School’s Phone Number: 623-4271

Instructor’s e-mail address: mitch.wainman@nlsd.ab.ca, andrew.przybylski@nlsd.ab.ca

# RESOURCES

* **Supplies:** Students will be required to wear appropriate physical education attire: **non-marking running shoes (second pair of clean shoes), shorts/sweats, T-shirt.** **Sandals are not allowed or accepted as appropriate foot attire.**

# COURSE OBJECTIVES

Students will:

* Acquire skills through a variety of developmentally appropriate movement activities
* Understand experience and appreciate the health benefits that result from physical activity.
* Interact positively with others
* Assume responsibility to lead an active way of life

## ISSUES SPECIFIC TO COURSE

Rules and Regulations

* **You attend every day and participate in all activities, failure to participate results in a loss of marks.**
* You arrive on time and quickly change so class may commence.
* You wear appropriate physical education attire: **non-marking running shoes (second pair of clean shoes), shorts/sweats, T-shirt. No boots but bare feet will be allowed for some activities. Sandals are not allowed or accepted as appropriate foot attire.**
* You will not bring any food or drink into the gym/locker rooms
* You will have a parent/guardian notify the office if you are going to be absent
* If you are **unable to participate** in class, a **note from the parent of guardian will be required.** If you are unable to participate in class due to injury or prolonged illness (anything more than 3 days) a doctor’s note will be required to excuse students from activity. Students not participating in class due to illness or injury will be assigned a project dealing with the activity at hand.
* If you get hurt in class please notify the teacher so an accident report can be filled out. No matter the extent
* You will receive an automatic zero if you skip a class when an assignment is due or a specific skill is being tested.
* You will not enter the equipment room without permission. (liability)
* You will not leave the gym at any time without permission (liability)
* When participating in activities off school campus, transportation will be provided for you when necessary. Failure to catch the bus will constitute an inexcusable absence and you will lose participation marks for that class. **You are not allowed to use your own vehicle for transportation.** You are required to take the bus both to and from the off campus facility.
* Medical conditions, injuries and physical limitations, should be brought to your instructor‘s attention immediately, so that necessary accommodations can take place.
* There are thieves amongst us! Every year your peers/classmates steal something and we cannot do anything unless caught in the act. Please do not leave valuables in change rooms. Put them in your lockers or staff offices.
* No kicking any volleyballs or basketballs- 10 push-ups then 20 push-ups and so on…$$$ and do break
* No banging any hockey sticks on the floor. The floor and the sticks are all starting to be in need of repair.
* Bullying and teasing is always an issue. Remember that everybody’s definition is different and what you may think is nothing may be something to someone else.
* **Students having to leave early from class need to have parents contact the front desk and then you will be able to leave.**
* If you do arrive late please let the teacher know for attendance purposes.
* Only water will be allowed in the gym
* **Visits to counsellors offices by appointment only**
* First 10 minutes of block will have a structured warmup, then we will lock the change room
* Ultimately we are here to be safe and have Fun!!!
* **Cell Phones and other electronic devices are not allowed at all in the gym during class. Issues with Instagram, Facebook, texting, and not participating.**

# COURSE EVALUATION

* **Outcome A**-**Skills-15%-** Students will acquire skills through a variety of movement activities. They will be evaluated by their peers and the teacher following the rubric below.

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| Criteria | 4 | 3 | 2 | 1 |
| *Game Situation* | *Consistently demonstrates skills appropriate to the activity or game* | *Demonstrates skills appropriate to the activity or game but lacks consistency* | *Occasionally demonstrates skill appropriate to the activity or game* | *Rarely demonstrates skills appropriate to the activity or game* |
| Class Time | Consistently works on improving their skills | Works on improving their skill but lacks consistency | Occasionally works on improving their skill level | Rarely works on improving their skill level |

* **Outcome B-Health Benefits -25%-**Students will experience and appreciate the health benefits that result from physical activity**.** Mark based on fitness tests and goal setting.
* **Outcome C-Cooperation-10%-**Students will interact positively with others**.** Marked out of 2 (not 4 like the participation because of the weightings) daily with anecdotal notes, recorded with the participation mark in outcome D.

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| Cooperation | Works cooperatively providing encouragement and support for others | Works cooperatively with others | Needs reminders in order to work cooperatively | Needs supervision in order to work cooperatively |
| Leadership | Takes on various roles and responsibilities with enthusiasm | Takes on various roles and responsibilities  | Takes on various roles and responsibilities reluctantly | Avoids or refuses to take on various roles and responsibilities. |
| Fair Play | Consistently plays fairly and shows proper etiquette | Frequently plays fairly and shows proper etiquette | Occasionally plays fairly and shows proper etiquette | Rarely, if ever, plays fairly and show proper etiquette |

* **Outcome D-Do it Daily…for Life!-50%**- Students will assume responsibility to lead an active way of life. Based upon a teacher awarded daily mark for appropriate attitude, participation, positive interaction with others, and demonstrating the desire to lead an active way of life. There will also be a warm up assignment, first aid, and a goal setting assignment to help students assume responsibility to lead an active way of life.

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| Criteria | 4Excellent | 3Proficient | 2Adequate | 1Limited |
| Following the rules of the activity or game | Consistently follows the rules | Frequently follows the rules | Occasionally follows the rules | Demonstrates little or no willingness to follow the rules |
| Participation | Eagerly engages in activities and helps lead the group in goal setting | Participates fully in activities | Participates when interested | Participates only when encouraged |
| Attitude | Displays a positive attitude and enthusiasm toward the activities | Displays a positive attitude | Displays an indifferent attitude | Expresses disinterest in activities |
| Safety | Considers the well-being and safety of others and consistently follows safe practices | Considers the well-being and safety of others, and frequently follows safe practices | Usually considers the well-being and safety of others and usually follows safe procedures | Rarely, if ever, considers the well-being and safety of others, but sometimes follows safe practices. |
| Preparedness | Always comes prepared for class | Usually comes prepared for class | Comes prepared to class if monitored | Rarely comes prepared for class |

**ASSESSMENT POLICY**

All outcomes are achieved through active and safe participation in physical education. Missed assessments will result in fair opportunity to be completed.

**Timeline/Guideline** (Can change due to weather, bookings,Bold center events, etc.)

September Rugby, Cross country, Football, Soccer, Softball, Volleyball, & gym activities

October Rugby, Cross country, Football, Soccer, Softball, Volleyball, & gym activities

November Skating, Swimming, Badminton, and Basketball

December Swimming, Basketball, Badminton, and gym activities

January Curling, Basketball and gym activities

February Basketball, Skating, curling, Broomball, and gym activities

March Badminton, Swimming, Broomball, Volleyball and gym activities

April Badminton, Bowling, Swimming, Volleyball, and gym activities

May Golf, Track and Field, football, soccer, softball

June Golf, Track and Field, football, soccer, softball

J. A. Williams High School PED Risk Assessment

Students in PED have a unique opportunity to take part in a variety of scheduled indoor/outdoor activities. With regards to regular PE activities, the potential for athletic injury still exists. Any injuries will be dealt with according to severity and could range from minor cuts, scrapes and bruises to torn ligaments, broken bones or more life threatening injuries. Staff will apply first aid for minor injuries but will seek the proper medical attention for more severe injuries. Every effort will be made to ensure parents/guardians are contacted in the case of any serious concerns.

While in the pool, instruction and supervision will be provided by qualified Portage Pool Staff.

With any off-campus activities, students will be transported by a school bus with a qualified driver. Students are expected to wear seatbelts at all times. Parents need to reinforce this with their children. The students are aware of safety rules while being transported by busses and are required to adhere to any expectations of drivers and staff. These will be strictly enforced. The risks with highway transportation are obvious (vehicle trouble, highway driving, severe weather, accidents etc.), along with accompanying medically emergent situations.

Ultimately, the Parent/Guardian has final say. If you have any questions comments or concerns regarding our tentatively scheduled list of activities please do not hesitate to call.

Thank you,

JAWS PED Department

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Parent/Guardian Approval Form

I give my permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (student name) to take part and attend the scheduled activities in PE.

Parent/Guardian signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_