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**Physical Education 20/30**

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

School’s Phone Number: 623-4271

Instructor’s e-mail address: andrew.przybylski@nlsd.ab.ca, mitch.wainman@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.** When working in the classroom a pen or pencil will also be required. Student will be required to have a pencil/pen for log entries and assignments in class.

**COURSE OBJECTIVES**

Students will:

* Learn to be leaders in class, school and the community
* Understand, experience and appreciate the health benefits that result from daily physical activity
* Interact positively with others and assume responsibility to lead an active way of life

**ISSUES SPECIFIC TO COURSE**

* You attend every day and participate in all activities
* You arrive on time and quickly change so class may commence.
* You wear appropriate physical education attire: running shoes (non-marking), shorts/sweatpants, change of shirt.
* 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 going away for an extended period of time can talk with their PE teacher about an alternative assignment.
* If you get hurt in class, notify the teacher immediately.
* 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. You will not leave the gym at any time without permission
* When participating in activities off school campus, transportation will be provided for you when necessary, failure to catch the bus will constitute an unexcused absence and you will lose participation marks for that class. You are required to take the bus both to and from the off campus facility. **Never drive yourself or others in personal vehicles.**
* Medical conditions, injuries and physical limitations, should be brought to your instructor‘s attention 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. The school is not responsible for lost/stolen items.
* Equipment damage: should you be observed misusing any equipment that causes the equipment to be in poor condition, you will be charged for cost recovery of the equipment.
* **Bullying is zero tolerance. Be** **respectful.**
* Students will be allowed to leave class provided a parent/guardian is at the office and has signed out the student. Texts from parents to students will not work as cell phones are not allowed in the gym.
* If you arrive late, speak with the teacher before commencing in the lesson.
* **Only water will be allowed in the gym**
* Visits to student services are permitted provided a student services member signs you out from class.
* **Cell Phones and other electronic devices are not allowed at all in the gym during class. Ever. No we will not charge your phone in our office.**
* **Lockdown and fire drill**

**CONSEQUENCES**

1st Offence: Phone call home

2nd Offence: Phone call home, meeting with admin

3rd Offence: Phone call home, removal from class until a meeting has been held with the student, the teacher, the parents/guardians and the administration.

**ASSESSMENT POLICY**

All outcomes are achieved through active and safe participation in physical education. Missed assessments will result in fair opportunity to be completed. Should the student choose not to take the opportunity to complete the assignment, a grade of “0” will be entered. Student will not be offered another opportunity unless a meeting with the teacher

**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 |
| *Skills* | *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* |

* **Outcome B-Health Benefits -15%-**Students will experience and appreciate the health benefits that result from physical activity**.** Mark based on fitness tests and goal setting. Students will be required to participate in fitness testing, complete a fitness assignment, create an individualized training program, and complete an athletic profile/log.
* **Outcome C-Cooperation-20%-**Students will interact positively with others, displaying teamwork and leadership skills in a positive manner at all times throughout the course. Daily self-evaluation will be logged in their athletic profiles.

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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. This will be demonstrated through daily participation, athletic profile, volunteer hours (15 total), and teaching a sport specific lesson. PE 30 students will be required to assess a lesson and evaluate it appropriately.

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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 |

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_