

## Physical Education Course Outline 2018-19

### Proposed activities:

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

### Student Expectations:

1. Students must show up for class on time and in appropriate PE attire (**T-shirt, loose fitting shorts/track pants and clean non-marking runners**)
2. Jewelry should be removed before class
3. Food, drinks, gum and cough candies are not allowed in the gym.
4. Students are to show respect for themselves, others and gym equipment/sporting facilities.
5. **Sportsmanship**, safety and appropriate behaviour must be demonstrated at all times.
6. Students are expected to participate in all activities to the best of their abilities.
7. 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.
8. 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!**