

From your PHYSICAL EDUCATION DEPARTMENT

"Home of the DRAGONS"

Our MISSION STATEMENTS:

- We endeavour to physically educate and intrinsically motivate our students across all ages.
- We offer a wide variety of individual and team activities to expose students to skills and experiences that aid their learning of positive outcomes of a healthy, fit, lifestyle.
- We stress positive, daily social interaction while providing a welcoming atmosphere where all are welcome and involved.
- Students are encouraged to give their best physical & mental effort each day.

GYM STRIP Requirements:

- Students must change into clean, appropriate gym strip each day.
- Gym strip includes a t-shirt or sweatshirt, shorts or track pants, clean socks and non-marking running shoes. Sweatpants are available for purchase.
- Students must dress and be prepared for the outdoors during poor weather.

MEDICAL ISSUES:

- Students with minor ailments will always be encouraged to participate to the best of their ability. In the case of major injury or illness, parents must contact the teacher directly, via note, phone call or email as other arrangements may need to be made for extended medical issues.

SECURITY ISSUES:

- Students are asked to never leave valuables unattended. The PE Department cannot be held responsible for lost or stolen items. Students are encouraged to ask their teacher to lock up valuables such as cell phone, ipods, etc.

EVALUATION:

JUNIOR PE (Grades 8-10)

Daily Effort: 50-60%

Fitness: 25%

Skill: 25%

SENIOR PE (Grades 11-12)

Daily Effort: 50-60%

Fitness + Skill: 10-20%

Leadership: 10%

Attendance: 20%

CONTACT:

- We welcome and encourage parents to email your child's teacher at any time, especially if you have ANY concerns regarding physical education.
- We appreciate and encourage parental support of their children, especially regarding healthy eating choices, overseeing sleeping habits and having their child organized and prepared to exercise with clean & appropriate gym strip.

