



KP STUDENT CODE OF CONDUCT
Respect Yourself & Others
Respect the Environment
Respect Learning

**PHYSICAL AND HEALTH EDUCATION
8, 9 & 10**

PHYSICAL LITERACY

Literacy is not restricted to reading and writing. Literacy is about our knowledge and how we communicate in society. It is also about our relationships and how we socialize.

Physical Literacy focuses on the development of the whole body — the understanding and practice of physical activity and the understanding of **why** physical activity is important.

“Individuals who are physically literate move with competence in a wide variety of physical activities that benefit the development of the whole person.”

GOALS OF PHYSICAL LITERACY

- Develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement in PE
- Demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
- Make healthy, active choices that are both beneficial to, and respectful of individual students, other people and their environment.

GOALS OF PHYSICAL ACTIVITY and HEALTH

- Participate in a variety of physical activities that support students' health and physical activity goals
- Demonstrate fundamental movement skills and concepts in a variety of physical activities
- Develop a plan to improve personal performance in selected physical activities.
- Understand the importance on monitoring “Rate of Exertion” during physical activity
- Design a plan to achieve personal goals in Health and Fitness and Game play
- Understand and demonstrate the basic principles of training (Fitness, Weight room unit and 5KM)
- Assess, describe and understand strategies for promoting and encouraging human wellness in daily activities (Health and Careers - Grades 8 and 9, First Aid - Grade 10)

GOALS FOR PERSONAL AND SOCIAL DEVELOPMENT

- Describe and participate in strategies for building and maintaining healthy relationships

IT'S ALL IN THE ATTITUDE

Many times in life you will feel that you have little control over situations you find yourself in. However, one thing you will always have control over is your attitude. A significant portion of the grade you achieve in this course will be based on the attitude you display every day. So what is "attitude?".....

Your attitude is the way you think. Your attitude is something other people actually see. They can hear it in your voice, see it in the way you move, and feel it when they are with you. Positive attitudes always invite positive results. Negative attitudes always invite negative results. Attitude makes the difference every hour, of every day, in everything you do in your entire life. What you get out of each thing you do, will equal the attitude you have when you do it. Anything that you do with a positive attitude will work for you. Anything that you do with a negative attitude will work against you. If you have a positive attitude, you are looking for ways to solve the problems you can solve, and you are letting go of things over which you have no control. You can develop a positive attitude by emphasizing the good, by being tough minded, and by refusing defeat.

Author Unknown

"NO EXCUSES"

<https://www.youtube.com/watch?v=obdd31Q9PqA>

EXPECTATIONS

P.E. Clothing

- P.E. requires that you have a complete change of clothes for all weather conditions. It is expected that students change out of their regular school clothes for all P.E. classes.
- Running shoes ONLY are allowed on the gym floor - no marking soles permitted.
- Long hair must be tied back and jewellery including rings, necklaces and body piercings must not be worn.
- **Appropriate P.E. Clothing consists of:**
 - T-shirts and shorts or a track suit
 - running shoes with laces tied (for dance unit as well). Note: flat soled skate board shoes are not appropriate footwear for physical activity.
 - sport socks
- **Inappropriate P.E. Clothing consists of:**
 - half T-shirts, muscle shirts or tank tops, cut offs, sport sandals
 - any portion of your regular street clothing, and clothing that includes alcohol & drug ads or discriminating statements.
 - team uniforms

Change Rooms

- Lockers are available in the change rooms for use during your PE class only (Very few in BOYS' changeroom). Please lock all clothing in a locker during your PE class. Locks will be cut off if they are left on.
- No matter how security conscious we try to be, **THEFTS CAN OCCUR IN THE CHANGEROOMS**. Your teacher cannot be expected to take care of your valuables. You are encouraged to make use of the lockers for your clothes however, **PLEASE LEAVE ALL VALUABLES AT HOME**.

No Strip

- Students who arrive to class without P.E. strip may have the option to borrow strip from the P.E. dept. They will only receive a maximum mark of 2/5 for the class.
- Frequent "no strip" consequences may result in a referral to the vice-principal.

Attendance

- Regular attendance is a course requirement.
- Attendance will be taken approx. 5 minutes after the bell. You will be considered late if you are not seated in your assigned rows when your teacher begins taking attendance. Late students will receive a maximum of 3/5 for the class.
- P.E. first class in the morning and after lunch – You are expected to be changed and in your rows by the morning and afternoon bells
- You are late if you arrive in the gym after the morning or afternoon bell, and/or after the 5 minute change time.

Absence

- If a student is absent from PE class for a legitimate reason (accompanied with a note from home) they may arrange time with the teacher to complete a **make-up class** A **make-up class** is optional to the discretion of your PE teacher. A mark will be assigned for each make-up class completed.
- Opportunity to make up missed class time **must** occur within 2 weeks of a student's absence.

Medical Excuses

- ***Medically excused students will be expected to participate every day*** and participate in a modified P.E. related activity or assist with his or her teacher's class. It is our intent that students be as active as possible; therefore, P.E. strip is required under all circumstances.
- Modified programs will be given to suit individual needs. For example:
 - Broken Arm - student can work their legs on a bike or weights, stretch or officiate.
 - Sprained Ankle - student can work their arms on a bike or weights, stretch or officiate.
- **A note from a parent is required to excuse a student from regular activities for several classes**
- **A note from a doctor is required to excuse a student from regular activities for a week or more**
- All notes from home and/or doctor must include the following: the date, the student's name, the medical situation, what the student's limitations are, what they are capable of doing, when they can return to full activity, parent's phone number, signature of parent and/or doctor

Safety

- For safety reasons jewellery and watches are not to be worn in PE class
- Gum is not to be chewed in class.
- Use common sense with equipment and classmates, and do not engage in horseplay at any time.
- **Equipment is to be used only for its intended purpose.**

Fitness Assessments

- Individual fitness assessments will occur a minimum of two times throughout the course. The focus of this assessment is to encourage lifetime fitness for students. Fitness cards will be reused throughout all grades (to follow your personal goals).

5 KM & Fitness

- All students will be participating in the "5K" and fitness training programs.

P.E. Students and the Gym Facilities

- Equipment rooms are out of bounds to all students unless under the direct supervision of a P.E. teacher.
- Respect school facilities and equipment at all times or potential expulsion from the gym may occur.
- Students must enter and exit the gym by the main doors at the back of the change rooms. The Gym is not a hallway.
- P.E. classes entering the building from outside **must** use the doors nearest the change rooms
- Cleats are **not** to be worn inside the building anytime.
- Cleats and running shoes are to be **cleaned outside**. Students caught cleaning shoes inside will receive 0 for daily evaluation and they will be given a detention to clean up the mess.
- No gum, food, pop or juice is allowed in the gym at any time.
- Hanging on the backboards, nets, or hoops is not permitted.

- Students must remain in the PE area until they are dismissed. Detentions and loss of daily evaluation marks are the consequences for leaving.
- Never leave anything unattended in the changing rooms.
- Lock all belongings in a locker or take it with you to class.
- Students are strongly encouraged to leave all valuables at home.

Health and Personal Development Unit

- This unit will be taught in a classroom/discussion format to increase student’s awareness, knowledge, and understanding of topics such as eating disorders, drugs and steroids, fitness assessments, assault, sexual relationships, sexual decision making, healthy living and peer pressure.
- Evaluation of this unit will focus on class participation/discussion, a written test or written assignments.

Evaluation

Based on “Daily Student Reflections” and “Teachers’ Weekly Evaluation”

- * **Physical Literacy** (FMS, functional Fitness, RPE, Fair play, etc.)
- * **Healthy and Active living** (Fitness, 5km training, health goals)
- * **Health and Personal Development** (Social and Community Health, Mental well-being)

Final mark is a compilation of student self-assessment and teacher evaluation