

**William Aberhart
PHYSICAL EDUCATION PROGRAM OF STUDIES
COURSE OUTLINE
2014-2015**

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Physical Education 10 is a required course for all students entering high school. Alberta Education states that students must earn credits in Physical Education 10 to receive their high school diploma. All Physical Education 10 classes at William Aberhart High School earn students 5 credits to meet this requirement. Physical Education 20 and 30 are elective courses. Physical Education 30 can be used for University entrance requirements for most faculties.

Aim of Physical Education

The aim of the physical education program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle (Alberta Education, 2000).

Active Living – The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life (Alberta Education, 2000).

Benefits – Strong evidence exists that physical activity contributes to the overall well-being of individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity into their daily routines (Alberta Education, 2000).

Learner Outcomes

Four general learner outcomes used for the basis of the physical education program state that students will:

- Outcome A: **ACTIVITY** – acquire skills through a variety of developmentally appropriate movement activities.
- Outcome B: **BENEFITS HEALTH** – understand, experience and appreciate the health benefits that result from physical activity.
- Outcome C: **COOPERATION** – interact positively with others.
- Outcome D: **DO IT DAILY FOR LIFE** – assume responsibility to lead an active way of life.

Evaluation

Individual activities are weighted based on the number of classes involved in the activity. Adjustments may be necessary as result of inclement weather or other unforeseen events that may require the cancellation or extension of some activities.

	PE 10	PE 20/30
Participation & Engagement	90%	80%
Skills	10%	10%
Service		10%.

The following PE Rubric is used as the basis for assessment. **PE RUBRIC**

Criteria	Levels of Quality				
	5 Excellent	4 Proficient	3 Adequate	2 Limited	1 Poor
Participation & Engagement	<ul style="list-style-type: none"> Eagerly engages in activities Displays a positive attitude and enthusiasm toward the activities Continuous extraordinary effort Works cooperatively, providing encouragement and support for others Consistently plays fairly and shows proper etiquette Considers the well-being and safety of others, and consistently follows safe practices Respect for students, staff, facilities & equipment is consistently evident Consistently includes all team members Attends every class/unit 	<ul style="list-style-type: none"> Participates fully in activities Displays a positive attitude Consistent effort Works cooperatively with others Frequently plays fairly and shows proper etiquette Considers the well-being and safety of others, and frequently follows safe practices Respect for students, staff, facilities & equipment is frequently evident Frequently includes all team members 1 excused absence/unit 	<ul style="list-style-type: none"> Participates when interested Displays an indifferent attitude Inconsistent effort Needs reminders in order to work cooperatively Occasionally plays fairly and shows proper etiquette Usually considers the well-being and safety of others, and usually follows safe practices Respect for students, staff, facilities & equipment is occasionally evident Occasionally includes team members 1 excused absence/unit 	<ul style="list-style-type: none"> Participates only when encouraged Expresses disinterest in activities Gives an effort when reminded Needs supervision in order to work cooperatively Rarely, if ever, plays fairly and shows proper etiquette Rarely, if ever, considers the well-being and safety of others, but sometimes follows safe practices Little respect for students, staff, facilities & equipment Includes team members when reminded 2 unexcused absences/unit 	<ul style="list-style-type: none"> Requires continual reminders to connect with class activity Disruptive behaviour that distracts others during class activities Little or no effort Argues with staff and students, refuses to work with others Never plays fairly and disregards rules Wilful destructive behaviour that endangers others No respect for students, staff, facilities & equipment Does not include team members 3 or more unexcused absences
Skills	<ul style="list-style-type: none"> Consistently demonstrates advanced skills appropriate to the activity or game Consistently demonstrates advanced strategy appropriate to the activity or game 	<ul style="list-style-type: none"> Consistently demonstrates basic skills appropriate to the activity or game Consistently demonstrates basic strategy appropriate to the activity or game 	<ul style="list-style-type: none"> Frequently demonstrates basic skills appropriate to the activity or game Frequently demonstrates basic strategy appropriate to the activity or game 	<ul style="list-style-type: none"> Demonstrates skills appropriate to the activity or game, but lacks consistency Demonstrates strategy appropriate to the activity or game, but lacks consistency 	<ul style="list-style-type: none"> Rarely demonstrates skills appropriate to the activity or game Rarely demonstrates strategy appropriate to the activity or game
Service	<ul style="list-style-type: none"> Complete 5 hours of service 	<ul style="list-style-type: none"> Complete 4 hours of service 	<ul style="list-style-type: none"> Complete 3 hours of service 	<ul style="list-style-type: none"> Complete 2 hours of service 	<ul style="list-style-type: none"> Complete 1 hour of service

Units & Activities

PE 10	PE 20	PE 30
<ul style="list-style-type: none">• Aquatics• Archery• Badminton• Bowling• Dance• Ping Pong• Tennis• CPR/first aid• Fitness• Basketball• Football• Lacrosse• Rugby• Slo-Pitch• Soccer• Ultimate• Volleyball <ul style="list-style-type: none">• Indoor games• Outdoor games• Low organized games	<ul style="list-style-type: none">• Aquatics• Batting Cage• Beach Volleyball• Billiards• Bowling• Canoeing & Kayaking• Curling• Golf• Racquetball & Squash• Wall Climbing• Self Defence• Yoga• Main Gym games• Aux Gym games• Outdoor games• Low Organized games <u>Service Hours – 10%</u>	<ul style="list-style-type: none">• Aquatics• Batting Cage• Beach Volleyball• Billiards• Bowling• Canoeing & Kayaking• Curling• Golf• Racquetball & Squash• Wall Climbing• Self Defence• Yoga• Main Gym games• Aux Gym games• Outdoor games• Low Organized games <u>Service Hours – 10%</u>

Exemption from Physical Education Activities

The Program of Studies outlines the following conditions and procedures for exemption from specific activities or dimensions of the Physical Education curriculum:

- Religious Beliefs – **Statement in writing** from parent to principal.
- Medical – Certification to principal by medical practitioner with statement of activities in which the student is not able to participate.
- When exemption is granted, alternative activities consistent with the goals and objectives of the specific dimension will be substituted, where appropriate.

Exemptions from an activity will not result in a deduction of grades when other activities consistent with the aim and outcomes of the program should be substituted where appropriate. **(Alberta Education)**

Attendance Policy and Credits

Attendance is critical to student success. Absences as a result of illness, injury, medical appointments, holidays, or other reasons will have a negative impact on student grades. It is important that all absences are phoned into the main office. Students enrolled in a 5 credit course are expected to meet the Alberta Education mandate of 125 hours. If a student misses over 15 classes, that student is no longer meeting the requirements to fulfill a 5 credit course and will be moved to 3 credit course. In a 3 credit course if the student misses 9 classes, they will not pass.

Course Credits

Students must complete 90% of instructional hours in order to receive 5 credits. In order to move on to the next course level a grade of 70% or higher is recommended.

Off-Site Activities

Off-site activities often run outside of regularly scheduled class times and are compulsory components of the PE program. Failure to attend during these times will be treated as truancy. Classes may be scheduled as early as 8:00 am, run through the lunch hour or after school hours depending on the class schedule for that day. Every tutorial is a demand tutorial for your PE class and the tutorial will only be used when we are travelling off campus.

Transportation

All students are required to travel to and from off-site activities by the designated mode of transportation. These include riding the Aberhart school bus, a CBE approved Transportation Company, or walking. Students are **NOT PERMITTED TO DRIVE** or transport other students in their vehicles to and from off-site activities.

Code of Conduct

Students are reminded that unacceptable student behaviour will result in disciplinary action that takes into account the seriousness of the offence. Disciplinary actions could include legal action, community service, suspension or expulsion or other measures deemed appropriate in the situation. Failure, suspension and withdrawal from class or school are possible consequences of poor attendance.

Locker Rooms

Students are provided with a small locker and lock for physical education classes. These locks must be returned to their PE teacher prior to the last day of classes in a semester. Locks not returned will be removed on the last day of classes and any articles found in the locker will be placed in the lost and found. It is recommended that students do **NOT** leave any valuables in gym lockers or the locker room at any time. **The school is NOT responsible for any items stolen from the locker room.**

PE Clothing

Students are required to wear appropriate PE clothing for each activity. Failure to bring the correct clothing may result in the student being excluded from the class activity and being provided with an alternative activity. Students who habitually come unprepared will lose participation marks. Acceptable PE attire includes the following: T-shirts, Sweat Tops, Hoodies, Gym Shorts, Sweat Pants, Track Pants, Running Shoes. Unacceptable PE attire includes but is not limited to the following: hats, bandanas, sleeveless shirts, strapless tops, half shirts, bare midriffs, low cut tops, cut-offs, clothing with profane or inappropriate language, signs or symbols, dress shoes, or boots. All grade 10 students will be receiving an Aberhart PE t-shirt.

Complementary Courses

William Aberhart High School offers a variety of complimentary courses in the Physical Education, and Athletic field of study. These include: Sports Medicine 15/25/35; Sport Performance 15/25/35.