

Mannville School
Physical Education - Course Outline



Teacher: Mrs. McCullough

Contact Information:

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Course Organization:

Physical education is organized into four general outcomes (Activity, Benefits Health, Cooperation and Do it Daily...for Life). Each general outcome includes specific outcomes which students are expected to demonstrate, to the best of their ability, by the end of the course/grade.

Course Objectives:

The aim of the Alberta physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. All outcomes are achieved through active and safe participation in PE.

Activity:

Students will acquire skills through a variety of developmentally appropriate movement activities in 5 different dimensions: *alternate environments, dance, games, types of gymnastics, and individual activities.*

Benefits Health:

Students will understand, experience and appreciate the health benefits that result from physical activity including *functional fitness, positive body image and well-being.*

Cooperation:

Students will interact positively with others through *communication, fair play, leadership and teamwork.*

Do It Daily... for Life!:

Students will assume responsibility to lead an active way of life through *effort, safety, goal-setting/personal challenge, and active living in the community.*

Respect:

Respect for self, others and equipment is required to make a safe and fun environment for all! Be prepared, be on time, and be ready for fun! The use of inappropriate language will not be tolerated, and the Mannville School Discipline Policy is in effect during all classes, and physical education/school related events.

Safety

Safety is a top priority in physical education. Students and teachers **MUST** display a “Safety First” attitude at all times. Students choosing to follow unsafe practices, compromising the safety of themselves or other class members, will be removed from physical education activities and given alternate assignments.

Dress Code

Students are expected to come to class prepared for participating in physical activity. Students must wear a t-shirt or top which completely covers undergarments, shorts (minimum length – where the thumb meets the thigh) or fitness pants, and indoor **running** shoes. *Students will be given prior notice as to when they will require alternate clothing, when activities such as snowshoeing, skating and curling will be occurring.*

Personal Electronics

There is a NO personal electronic device policy in physical education classes. Leave your device locked in your locker, or hand it in at the beginning of class to be returned at the end of class. Students not complying will be disciplined according to the Mannville School Discipline Policy.

**Exceptions may apply during fitness testing needs, or pre-arranged music requests that are school appropriate.*

Participation/Absences

Students are expected to participate in all physical education classes and activities. Students are expected to be changed and ready 5 minutes after the start of class bell rings. Accumulation of lates and/or unexcused absences will be reflected in the overall grade for Physical Education, and *may* result in extra tasks or assignments to be completed by the student on their own time within a given deadline.

Student absences will only be excused if there is a medical, religious, pre-notified or safety concern, which has been discussed directly between the students' parents and Mrs. McCullough. This direct contact can be made via email, signed parental note or phone call.

As high school physical education is credit based, and requires a certain number of hours of participation in order to earn 3 or 5 credits, all students are expected to attend and participate in class (which includes extensions of class in alternate environments). Students are required by Alberta Education to complete Physical Education 10 in order to receive their High School Diploma. At times exemptions are warranted and are indicated in the course outline as well as below:

Exemptions

To meet the aim of the program it is recommended that a variety of movement experiences be provided in all the dimensions. In the following specified circumstances; however, exemptions may be warranted from one or more dimensions and/or a physical education course.

Category	Conditions for Exemption	Procedures	Other Experiences
INDIVIDUAL	Religious beliefs	<ul style="list-style-type: none"> Statement in writing from parent to principal. 	<ul style="list-style-type: none"> When exemption is granted, other activities consistent with the aim and outcomes of the program should be substituted, where appropriate.
INDIVIDUAL	Medical	<ul style="list-style-type: none"> Certification to principal by medical practitioner with statement of activities in which the student is not able to participate. 	
CLASS, GRADE OR SCHOOL	Access to facilities	<ul style="list-style-type: none"> Initiated by school authority or parent. Approved by school authority. 	

Water/Food:

Food, drinks (other than water), and gum are not allowed in the gymnasium. Exceptions to this are medical needs (diabetes), and water bottles which should be labelled and placed in a safe area out of the area of play.

Activities:

Physical education classes will involve developing and refining locomotor, nonlocomotor, and manipulative basic skills. Students will then apply these skills in alternate environments, dance, games gymnastics and individual activities. Students will also complete activities such as goal setting and/or reflection on topics including fitness, body image, wellbeing, communication, fairplay, leadership and team work. I am always open for suggestions (within the Alberta School Safety Guidelines, and budget) for activities you may want to explore.

Activities planned include:

fitness challenges	volleyball	basketball	archery
badminton	curling	team handball	soccer
*gymnastics	dance	team games	floor hockey
football	track	running	skating
*skiing	water activities	pickle ball	sepak takraw
modified sports	lacrosse	*scuba diving	*alternate enviro

One of the many goals of the Alberta Physical Education Program of Studies (full document: <https://education.alberta.ca/media/160191/phys2000.pdf>) is that students acquire skills in alternate environments and activities, which are available in our area, and are appropriate to the age and developmental level of the students participating.



GENERAL OUTCOME A

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

Physical Education 10 [A10–]

Physical Education 20 [A20–]

Physical Education 30 [A30–]

Students will:

Application of Basic Skills in an Alternative Environment

A10–7 adapt and improve activity-specific skills in a variety of environments; e.g., camping, canoeing, survival skills

A20–7 develop and combine more challenging activity-specific skills in a variety of environments; e.g., snorkelling progressing to scuba diving

A30–7 recommend and relate a choice of activity-specific skills in an alternative environment to meet activity goal; e.g., river canoeing versus flat water canoeing

Physical Education 10**Physical Education 20****Physical Education 30**

Students will:

Application of Basic Skills in Types of Gymnastics

A10–12 apply the basic skills in combination with each other with personal proficiency in a variety of gymnastic experiences individually, with a partner, or in a group; e.g., educational, rhythmic and artistic

A20–12 apply a combination of the basic skills in a variety of gymnastic and movement experiences individually, with a partner, or in a group

A30–12 refine and transfer the basic skills in a variety of gymnastic and movement experiences individually, with a partner, or in a group

With a school population such as ours, it is sometimes necessary to group students together to meet minimum number requirements for activities, such as in scuba diving lessons, but more importantly, to offer different activities that students can participate in and adapt, develop, challenge, and improve personal skills. Unfortunately, there are some of these opportunities that require user fees to be utilized in order to help offset the costs of lessons/entry as well as transportation.

*School fees are set by Buffalo Trail Public Schools for our school division, and Mannville School Fees (available at: <http://mannville.btps.ca>) are set within those boundaries. Therefore, in order to offer different opportunities for students, there may be times when user fees need to be paid in accordance with this fee schedule. However, students will NOT be denied opportunities based on finances. Should a family need alternate arrangements made, we are able to utilize various options including post-dated payments, partial payments, or fundraising efforts, to assist in this area. These options can be discussed with me at your convenience and in confidence. My goal is that opportunities are equally accessible, and that all registered physical education students attend.

Upcoming trips and associated costs may include:

- Explosion Gymnastics Center (Lloydminster)
- Archery (Vermilion Armories)
- December/January will take us to the Mannville curling and skating rinks, again with no user fees involved.
- Between February and April, there will be an OPTIONAL ski trip planned, which will be user fee based.
- In the Spring of 2017, I am tentatively looking at scuba diving which has a fee of approximately \$20, and/or golf, which has a similar fee attached.

Class Warmup Activity Instruction:

Students will be responsible for organizing activities for 1 pre-determined physical education class. The activity must be designed with safety and skill level taken in to consideration. Students will be assigned a partner and will be responsible for preparing and implementing a 30 minute session. Activity plans must be submitted to Mrs. McCullough in order for feedback to be generated, and equipment prepared. *A class schedule will be shared via google doc for student pairs to sign up on prior to October 1.

Course Assessment:

Students are expected to be prepared for class, work well with others, have a safety-first attitude, and participate enthusiastically and actively.

- Daily Participation 40%
Students are expected to attend class regularly and be an active participant, with a positive attitude. Dress Code is considered being prepared and is worth 10% of this 40%.
(preparedness/ attitude/daily effort to improve, active participation)
- Personal Fitness 10%
Students are encouraged to increase their cardiovascular endurance, muscular strength, endurance and power.
(fitness testing completion, improvement & life-long application)
- Skill Acquisition/Development & Demonstration 20%
Student application of skills will be evaluated based on dedication to skill improvement and development as new knowledge and application is demonstrated.
(skill development, improvement, application and knowledge)
- Goal Setting, Reflection & Presentation 10%
Students will be required to complete theoretical assignments throughout the course. Examples may include scenario response, critical thinking questions/inquiry, nutrition and activity monitoring, video analysis, game rules and strategy questions, review tests or assignments.
(completion of assignments – written/demonstrative)
- Group Interactions 20%
Students are expected to communicate in a positive and respectful manner, and demonstrate leadership skills in teamwork, fair play, and communication.
(cooperation, fair play, teamwork, leadership & class warmup)

Please fill in the following information and off-campus permission form, and return it to Mrs. McCullough prior to September 30. I understand that user fees are not the most optimal choice, and I have attempted to limit the costs, as well as spread out the activities that are fee based, in order to make it work for all students/families involved.

I appreciate your feedback, and should you wish to discuss the physical education program further, please contact me at the school (780-763-3615), or by email rebecca.mccullough@btps.ca.

Students:

I have read, understand and will comply with the information, rules and policies within the Mannville School Physical Education Course Outline.

Student Name: _____

Student Signature: _____

Date: _____

Parents:

I have read the Mannville School Physical Education Course Outline, and grant permission for my child to travel to alternate environments including, but not limited to the Mannville curling ring, and skating rink, for physical education purposes as deemed appropriate by Mrs. McCullough. I understand my child will be given prior notice, and I will also receive a note or email regarding specific dates and times when necessary.

Parent Name: _____

Parent Signature: _____

Parent Contact Information:

Phone: _____

Email: _____

Medical/Physical/Other Information: _____

