

Claremont Secondary School - PE Department

P.E. 9/10 Program Guidelines & Policies

Philosophy:

The aim of the P.E. curriculum at Claremont School is to provide students with the opportunity to develop appropriate fitness, motor skills and to demonstrate a positive attitude and effort in a variety of recreational, individual and team related activities. Our ultimate aim is to instil in our students the value of life-long participation in physical activity.

Evaluation:

Success in all P.E. courses depends on the following:

Category:	Explanation:	Gr. 9/ 10
Skill	Acquisition and demonstration of skill and movement.	10%
Fitness	Acquisition and maintenance of a reasonable fitness level.	15%
Knowledge	Knowledge and understanding of sport, activity and health topics – quizzes.	10%
Assignments	Written assignments, projects &/or reports.	10%
Attitude, effort & participation	Attitude towards physical activity as indicated by daily participation in class.	50%
Teaching & Leadership	Creating novel games/activities taught to the class that apply to a variety of skills and concepts.	5%

Daily evaluation is based on the following **"5 Point Responsibility Scale"**:

- 5 EXCELLENT** Outstanding attitude, participation and effort, encouraging and supportive of others, demonstrate positive leadership skills and are volunteering.
- 4 GOOD** Positive attitude, cooperative, respectful and demonstrates good sportsmanship.
- 3 AVERAGE** Adequate participation, effort and attitude.
- 2 POOR** Inattentive, disruptive, not on task, poor sportsmanship.
- 1 VERY POOR** Unsportsmanlike behaviour, unprepared for activity, off task.
- 0** Unexcused absence, no strip or removed from class.

Community Card:

Students must participate in a community related activity that demonstrates &/or promotes a healthy lifestyle. The student must provide the teacher with proof of participation from the facility/event supervisor or the instructor. The students will be supplied with the criteria to satisfy this requirement.

Attendance Policy:

As participation is a critical component of daily evaluation in P.E., regular attendance is compulsory and is an important factor in determining a student's overall evaluation.

1. **Missed Learning Time Policy:** If a student is absent, an appropriate note from a parent (or doctor) is required within two days of returning to school. Participation marks for an *"excused absence"* is "2.5" out of "5" for the first five excused absences. Each additional "excused" absence will receive 0/5 for participation. Students will have the opportunity to make up missed time by joining "before school" teacher lead, boot camp Tuesday and Thursday morning, Wednesday 2:45 – 3:45pm and during exam week (depending on the teacher's availability). All make-ups must be completed under the supervision of the PE teacher. Students will not receive credit for activities on their own time or away from the teacher.
2. It is the student's responsibility to make up any tests or assignments missed as a result of being absent. In order to receive credit for absences the student must make up missed learning time. Failure to complete missed learning time will result in a "0" score.
3. If the student is at school and needs to be excused from P.E., a note from a parent with an explanation for the request is required for the teacher prior to the beginning of the class.
4. **Lates & Unexcused Absences:** Unexcused absences and unexcused tardiness will not be tolerated. Excessive unexcused absences may jeopardize the student receiving credit in this course.

Medical Excuses: Students with medical issues are encouraged and expected to participate to the best of their ability. It may be necessary to adapt the P.E. curriculum to meet their learning needs. The teacher will use professional judgement and consider the following steps when adapting a program to meet the learning needs of a student:

- A.) Student and teacher will discuss the nature of the injury or illness and agree to a level of participation during the period of instruction (i.e. written assignment, referee &/or score keeper, take notes, moderate/limited participation...). (2-3 missed periods)
- B.) Communication from parent(s), student's physician and /or health specialist to determine the level of student participation. (More than 5 missed periods)
- C.) For those injuries or illnesses that require extended absences from daily participation, the "*Adaptation & Modification Policy*" regarding medical conditions and student safety will be adopted. (10+ missed periods)

Excessive Excused Absences:

A student with excessive excused absences will most likely receive an "I" on their report card. The student will be expected to make-up the missed learning and class time in order to receive credit for the course.

Personal Fitness:

The student's cardiovascular system will be developed primarily through a variety of running activities (such activities may include: "Set Run Routes", "Timed Laps", "Colours", "Mystery Runs", "Ice Cream Runs", "Circuit Training"...). If a student is medically unable to run continuously for the prescribed period of time, an adapted program may be developed between the student and the teacher.

P.E. Strip Requirements:

Appropriate P.E. strip is compulsory for all P.E. activities. "Appropriate strip" is as follows:

- SHORTS No jeans, no zippers.
- SHIRT Full-size, no inappropriate words or graphics.
- SHOES Two pairs: one for outside activities, one for inside (clean, non-marking).
- SOCKS
- SWEATSHIRT Or equivalent type jacket for outdoor activities (we go out rain or shine!).
- SUGGESTIONS Sweat/track suit, cleats, clean socks, water proof jacket, change of clothes.

Gymnasium Rules:

- 1.) No students are permitted in the gym unless directly supervised by a teacher, approved P.E. assistant or supervisor.
- 2.) Absolutely no food or beverages in the gym.
- 3.) Proper gym strip is required for all gym activities.
- 4.) Respect for all P.E. facilities and equipment is required (and expected) at all times.

Valuables:

The change room has been known to be a theft zone so the students are encouraged students to leave their valuables in their lockers.

Should you have any questions/concerns regarding the course outline please do not hesitate to contact your son's/daughter's teacher at the P.E. Department at 250-658-6681.

Please sign to verify that you and your son/daughter are aware of the requirements of this course and **return the signed portion only to their teacher A.S.A.P.**

Thank you for your support.

Course: _____ **Date:** _____ **Teacher:** _____
Student's Name: _____ **Student's Signature:** _____
Parent/Guardian's Signature: _____ **Parent's Email:** _____

