Physical Education at Phoenix

**Course Aim: Moving & Improving Your Life**

It is our goal to provide a positive, learner-centered atmosphere for all students by placing emphasis on respect, fair play, fun, and safety.  Students will learn various strategies that will enable them to adopt healthy life-long habits.  Our program is designed to meet the needs and interests of all students. Through a variety of activities, students will learn to solve problems and develop communication, teamwork, and leadership skills.

**Through the Phoenix PE Program students will be expected to:**

You have to expect things of yourself before you can do them.

\*\*Michael Jordan



1. Participate in a safe, active, fun and accepting environment.
2. Demonstrate safe and efficient body mechanics for each activity.
3. Develop knowledge of different activities.
4. Experience activities that encourage positive social interaction.
5. Participate in fitness activities at a moderate to vigorous level over time.
6. Build self-confidence while participating in a variety of activities.

## Expectations in the Gym

* **Proper gym strip is required.** This includes a T-shirt, sweat shirt, shorts or track pants, socks and **running shoes**. Be comfortable and wear clothing that you don’t mind getting dirty, and bring a change of clothes. Don’t forget that the school dress code applies during PE class. **Tank tops and low cut t-shirts are not appropriate in the gym!**
* **No food, gum, candy or drinks permitted in the gym.**
* **Blue doors are for exit only.**
* **Leave valuables, including clothing, in hall lockers or**  **locked in a locker in the change rooms.**
* **Participate safely during PE class.**
* **Unsafe and unsupervised activities are not acceptable.**
* **Respect people, facilities and equipment.**

**Evaluation in P.E.**

Our staff believes that Physical Education is an essential class and it is as important as any other class. The PE evaluation is based on a daily participation, exertion and improvement in fitness and knowledge/skill of each unit. Students are involved in daily self-assessment of their participation mark.

40% - 60% **Daily Participation Mark** (participation, safety, fair play, leadership)

20% - 30% **Fitness** (individual tests, fitness runs & daily practice.)

10% - 15% **Skill** **& Movement**

10% - 15% **Knowledge** (quizzes, projects and informal questioning)

## Medical/Injury Excuses

PE is a participation-based course. If a student cannot participate because of an illness or injury, he or she is required to bring a note from a parent/guardian to let the teacher know what activities the student **can** and **cannot** perform. Please include the date and a phone number on the note. If the student is to be excused from PE for longer than 2 weeks, a doctor’s note is required. In the case of an injury, individual assignments will be given until they can return to class.

## Sample Medical Excused Note:

Dear

Please excuse STUDENT’S NAME from PE today. They are unable to participate because they sprained their wrist last night. They can participate in runs or walks but is not able to play volleyball for the next 3 classes. Thanks,

Parent Printed Name & Signature

Phone

Date

Given that PE is a Ministry-required course, a note that does not have the above information cannot be accepted without further follow-up and documentation. Further to this, an extended absence of more than 2 weeks due to injury must be accompanied by a doctor’s note explaining the nature of the injury/condition and how long your child’s participation in PE must be modified.

**LEAVING SCHOOL GROUNDS**

 Please be aware that occasionally, throughout the year, classes will take part in activities off the school grounds. These activities include tennis at Centennial Park, supervised runs, and Outdoor minor games. If this poses a problem to you or your child, please contact your child’s teacher.

**- - - - - - - - Please cut this part off- - - - Sign and give to your teacher - - - - - - - - - -**

Please sign in acknowledgment that you read the above information and are aware of what is expected in this class.

STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of contact (Email/Phone#):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phoenix PE staff can be made available if you have any questions or concerns. Please feel free to contact us by phone or email. Email addresses can be accessed through the school website

**Phone:** 250-287-8346