

# Quesnel Junior School

## Physical Education & Health Course Outline

\*Image recording devices, food & drinks are **not** permitted in the gym!\*

\*All injuries **must** be reported immediately to the teacher\*

### What is the purpose of Physical Education and Health?

The provincial curriculum has brought together Physical Education and Health in order to develop all aspects of well-being and emphasize the connections between physical, intellectual, mental and social health.

### What will we be studying?

#### Potential outdoor activities:

- Grass Volleyball
- Soccer
- Softball
- McWhippet (modified Lacrosse)
- Ultimate
- Flag football (modified)
- Disc golf
- California Kick Ball
- Bocce
- Neighbourhood walks

#### Potential indoor activities:

- Volleyball
- Badminton
- Basketball
- Dance
- Pickleball
- Minor Games
- Fitness/Tabata
- Curling (Rocks & Rings)

#### Health education:

Various health topics, as outlined in the BC curriculum, will also be taught throughout the course.

### PE Gym Strip & Accessories:

Required	Recommended	NOT acceptable (can <b>NOT</b> participate)
<ul style="list-style-type: none"> <li>• Clothing that does <u>not</u> restrict movement</li> <li>• Non-marking athletic shoes that can be tied tightly</li> </ul>	<ul style="list-style-type: none"> <li>• A change of clothes</li> <li>• Shorts, yoga pants, sweat pants, track pants,</li> <li>• T-shirt or sweater</li> <li>• Clothing &amp; accessories to match the weather conditions (e.g. hat, gloves, sunscreen)</li> <li>• Water bottle</li> <li>• Personal hygiene products (such as a mini-towel, deodorant, anti-perspirant)</li> </ul>	<ul style="list-style-type: none"> <li>• Jewelry of any kind, incl. watches</li> <li>• Cell phones</li> <li>• Hiking boots, winter boots (indoors), marking sole shoes</li> <li>• Clothing that does not comply with the school dress code</li> <li>• Deodorant body sprays (e.g. AXE)</li> <li>• <i>Flip flops or sandals</i></li> <li>• <i>Clothing with belts loops, buttons or hooks</i></li> </ul> <p style="text-align: center;"><b>NOT encouraged</b></p> <ul style="list-style-type: none"> <li>• <i>Jeans, skirts or dresses</i></li> </ul>

### Security and Health Information:

- Students are not to leave the gym area until dismissed by their teacher.
  - Leave all valuables in your locker (money, watches, electronics).
- Wash PE *strip* regularly.
- *Students are to change in the designated change areas only.*
- *Students will be given time to change and join the class for warm-up.*

### What should be done if a student is unable to participate in Physical Education?

- A signed parent note (or an email) must be provided stating the student's medical condition, including what they can or can't do and when they can safely return to activity. After an extended period of inactivity, a physician's note that confirms the student's limitations may be required.
- If the student is able to participate, but has some physical limitations due to injury, the teacher may choose to adapt play for the student, provide opportunities to be a helper (e.g. set up equipment, referee, score keep), or explore other alternative participation options.

### Basic Gym Rules:

- Be safe at all times
- Gym is off limits when unsupervised.

# Assessment

Whenever possible, teachers will take the last 5-10 minutes of class to ask each student for a self-assessment score based on the Daily Participation scale below. The teacher will guide students on how to use the scale to assess themselves, rather than giving an arbitrary score. The teacher may also choose to assign their own teacher assessment score.

## Participation Performance Scale

- The teacher has the right to override the student's mark, if deemed necessary.

Level	Criteria
<b>5 Outstanding</b>	<ul style="list-style-type: none"> <li>• Arrives punctually to class</li> <li>• Willingly engages in all activities including warm-up.</li> <li>• Always shows a positive attitude and enthusiasm</li> <li>• Concentrates and puts extra effort into activities</li> <li>• Works co-operatively and respectfully and provides support and encouragement to others</li> <li>• Demonstrates leadership skills, takes on responsibility and is a positive role model</li> <li>• Plays fair, respects the rules, and demonstrates appropriate etiquette</li> <li>• Aware and interested in the safety and well-being of others</li> <li>• Respects school property and equipment</li> </ul>
<b>4 Good</b>	<ul style="list-style-type: none"> <li>• Participates in all activities including warm-up</li> <li>• Shows a positive attitude</li> <li>• Concentrates and puts forth effort in activities</li> <li>• Works cooperatively and respectfully with all class members</li> <li>• Accepts responsibility</li> <li>• Plays fair and uses appropriate etiquette</li> <li>• Considers safety</li> </ul>
<b>3 Satisfactory</b>	<ul style="list-style-type: none"> <li>• Participates in activities and usually displays effort in all activities including warm-up</li> <li>• Tries new tasks given teacher/peer support</li> <li>• Works co-operatively and is respectful to class members</li> <li>• Takes on responsibility in areas of interest (when supported)</li> <li>• Plays fair</li> <li>• Usually considers safety</li> </ul>
<b>2 Needs Attention</b>	<ul style="list-style-type: none"> <li>• Participates only when encouraged</li> <li>• Might be unprepared for class</li> <li>• Displays effort only in activities of interest</li> <li>• Reluctant to try new activities</li> <li>• Requires reminders to work co-operatively, respectfully or safely</li> <li>• Requires support from teacher in conflict situations</li> <li>• Requires reminders to follow directions and to remain on task</li> </ul>
<b>1 Improvement Required</b>	<ul style="list-style-type: none"> <li>• Unprepared for class</li> <li>• Requires constant reminders and encouragement to participate</li> <li>• Lack of regard for safety</li> <li>• Difficulty working with others</li> <li>• Unwilling to follow directions or remain on task</li> </ul>
<b>0 Unacceptable</b>	<ul style="list-style-type: none"> <li>• Direct defiance</li> <li>• Unsafe participation</li> <li>• Foul language</li> <li>• Damaging equipment</li> <li>• Cell phone visible (students can check the time using the clocks in the gym!)</li> <li>• Skipping class (or leaving before the bell without permission)</li> <li>• Inappropriate behaviour</li> <li>• Impedes other students' ability to participate</li> <li>• Office referral</li> </ul>

## Physical Education Work Habits: Performance Scale

<b>E</b>	<p><b>Almost always:</b></p> <ul style="list-style-type: none"> <li>You volunteer willingly for set up and clean up.</li> <li>You arrive to class on time with correct gym strip and any other subject related materials.</li> <li>All your participation in class is completed to the best of your ability</li> <li>During class, you are attentive, following instructions, and focusing on the various games, activities and assignments</li> <li>You are always trying to improve your skills and fitness</li> <li>You work well in individual and group situations and you appear to always be doing your best</li> <li>Your teacher never needs to remind you to try harder or to get on task</li> <li>You treat your peers, adults and equipment with respect</li> <li>You display good work habits and effort in all you do.</li> </ul>
<b>G</b>	<p><b>Often:</b></p> <ul style="list-style-type: none"> <li>You volunteer willingly for set up and clean up.</li> <li>You arrive to class on time with correct gym strip and any other subject related materials.</li> <li>All your participation in class is completed to the best of your ability</li> <li>During class, you are attentive, following instructions, and focusing on the various games, activities and assignments</li> <li>You are always trying to improve your skills and fitness</li> <li>You work well in individual and group situations and you appear to always be doing your best</li> <li>Your teacher never needs to remind you to try harder or to get on task</li> <li>You treat your peers, adults and equipment with respect</li> <li>You display good work habits and effort in all you do.</li> </ul>
<b>S</b>	<ul style="list-style-type: none"> <li>Most of the time you arrive to class on time, prepared with correct gym strip and any other subject related materials</li> <li>Most of your participation is completed to the best of your ability</li> <li>Although you occasionally may not show your best effort, you are still consistently trying to improve your skills and fitness</li> <li>During class, you are attentive, following instructions and focusing on the various games, activities, and assignments with only occasional lapses</li> <li>You work fairly well in individual and group situations and, on most occasions, appear to be doing your best</li> <li>Your teacher may sometimes need to remind you to try harder or to get on task</li> <li>You treat your peers, adults and equipment with respect</li> <li>You display satisfactory work habits and effort most of the time.</li> </ul>
<b>N</b>	<ul style="list-style-type: none"> <li>You frequently arrive to class without gym strip. You are often unprepared or unwilling to participate in physical activity</li> <li>Activities are often poorly done or un-attempted</li> <li>You are rarely trying to improve your skills or fitness</li> <li>During class, you are sometimes unfocused and easily distracted</li> <li>Your teacher often needs to remind you to try harder or get on task</li> <li>You participate infrequently in class discussions and you sometimes display behaviors that show a lack of respect for your peers, adults and equipment</li> <li>Your work habits and effort need to improve</li> </ul>

**ASSESSMENT CATEGORIES ARE WEIGHTED AS FOLLOWS:**

**Participation: 70%**

**Knowledge: 10%**

**Skills: 20%**

**NOTE: THIS COURSE OUTLINE MAY BE MODIFIED AT ANY TIME TO MEET THE NEEDS OF STUDENTS AND/OR TO COMPLY WITH SCHOOL OR DEPARTMENT CHANGES.**