

Strathmore High School
Physical Education 10

Instructors: Mrs. L Bleier, Mr. P. Fule, Mr. W. Clark, Mrs. L. Larson, Mr. Larson.

General Outcomes

The students will:

- A. Acquire skills through a variety of developmental movement activities.
- B. Understand, experience and appreciate the health benefits that result from physical activity.
- C. Interact positively with others.
- D. Assume personal responsibility to lead an active way of life.

Process

The students will be provided with the opportunity to experience a number of traditional activities as well as some new and non-traditional physical education activities.

Term Evaluation

Participation and Effort	50% (determined using the PACES rubric)
Application of Physical Skills and Knowledge	25%
Preparedness	15%
Daily mark of "zero" or "two". To receive a two you must be on time and changed into the appropriate clothing for the activities being taught.	
Fitness/Benefits Health	10%
Total	100%

Details

- Students must be changed into appropriate PE "gym strip" for all activities inside and outside. Gym strip may be purchased through the Strathmore High School "Pit Store". Shirts are \$10 and shorts are \$15. Please make cheques payable to Strathmore High School. This includes a pair of running shoes - sandals and flip flops are not part of gym clothing. Students are expected to change and be prepared for inclement weather or planned activities (Swimming, rock climbing, winter activities, etc)
- A gym locker can be rented from Mr. Clark at a price of \$5. **Do NOT leave anything unlocked in the locker rooms at any time.**
- Physical Education is an activity course, therefore you must attend and actively participate in order to receive a grade. If a class or classes are missed, it is the responsibility of the student to check with the instructor and to make up missed work, exams, skills tests, etc. Each student is allowed three excused absences.

- Late policy:
 - Step 1 3 excused lates.
 - Step 2 Teacher consequences for next 4 lates.
 - Step 3 5 teacher assigned noon hour detentions in the detention room.
 - Step 4 Referral to Administration.
- If you are injured (ie. Broken leg) and cannot partake in physical activity, **you must still attend your class**. This way you will still learn about the activity being studied even though you can not physically do it. For extended injuries, assignments relating to the unit being covered will be assigned. You are required to bring a Doctor's note for all extended injuries.
- Students that choose not to participate are expected to sit and watch. Doing homework and electronic devices are not an option.