

Strathmore High School  
**Physical Education 20/30**

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.

**Cost**

A \$30.00 course fee is being charged to defray the costs of some of the off campus activities. These may include golf, arena ice rental, curling ice rental, as well as swimming. Any other off campus activities chosen by the class will incur more costs to each individual in the class.

**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%

**Final Evaluation**

Term's Work	85%
Service Hours	15% (due one week prior to end of classes)
Total	100%

**Service Hours**

Ten hours of volunteer time...cannot accept payment.

Hours must be physical activity related in the school and/or community.

All service hours must have adult supervision.

## 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.