

**Mt Boucherie Secondary School**

**Physical Education Course Outline 2023-2024**

**Objective:**

To ensure our PE program provides an emphasis in the areas of lifelong physical fitness, skill development, and the development of a positive attitude toward the value of a physically active and healthy lifestyle.

**Expectations:**

**Procedures:**

* Wash or sanitize your hands before entering the gym class.
* Change into the gym strip by following the schedule.
* Breaks will be following grade schedule.
* Wash or sanitize your hands coming back from break.
* Change out of gym strip by following the schedule.
* Wash or sanitize your hands before exiting the gym class.

**Gym strip:**

* Appropriate gym clothing is required.  Be prepared for the current weather!!
* T-shirt (no spaghetti straps), shorts, socks, and non-marking running shoes
* Sweatshirt or a jacket and track pants for cooler weather

**Valuables:**

* Please leave your valuables in your bag! We will be bringing your bag to the location of our PE class.
* **The PE department is not responsible for forgotten, lost or stolen items!!!**

**Attendance:**

* PE is largely a participation course and it is **imperative** you attend all classes!
* Students must bring a note to their PE teacher upon returning to class
* Do not assume that your marks will be omitted for any absences
* Students with unexplained absences may not be permitted to make up marks for those days and earn a 0 for participation.

**Excuses and Medical Problems:**

* Students healthy enough to attend school are healthy enough to participate in PE in some manner
* Ill or injured students are expected to change into gym strip and then approach the teacher to discuss which portions of the lesson are inappropriate for the student.  Come prepared with a plan!
* **Injured students are still graded on participation.**   eg. demonstrate cooperation byhelping set out equipment or scorekeeping, or demonstrate sportsmanship by cheering and giving positive feedback, doing rehabilitation for their injury etc…
* If a student is unable to participate for an extended period of time, a note of explanation from your doctor indicating what you can and cannot do is required.

**Activities:**

* Units may include:  Volleyball, Soccer, Rugby, Football, Basketball, Tennis,

Ultimate Frisbee, Badminton, Team Handball, Minor Games, Outdoor Volleyball, Softball, Hiking, Track and Field, and Weights and Fitness.  There will be some modifications to some of these units to help with social distancing.

 **Evaluation:**

* Students will be graded on participation and effort, skills/knowledge of the activity through

      assignments, and leadership. As much as possible, students will be given a mark out of ten based

 on the teacher’s daily observations.  The following **performance scale** should help students plan

 for the grade they would like to achieve on their report cards.

**Contact:**

If you have any questions or need to get in touch with me, I can be reached by email at david.marks@sd23.bc.ca or you can message me through our PE Google Classoom

**MBSS P.E. DAILY PERFORMANCE SCALE**

**(OUTSTANDING)  9-10**

* You ALWAYS arrive on time, with appropriate material, prepared to participate in the activity.
* You ALWAYS demonstrate either outstanding or very good knowledge and use of the skills taught.
* Throughout the PE class you ALWAYS hustle, pay attention, change quickly, and actively stretch, no matter what the activity.
* You ALWAYS demonstrate outstanding sportsmanship and respect towards your classmates and teachers through cooperation and encouragement.
* You ALWAYS help with the clean-up of the equipment for the class and ask to help with any demonstrations.

**(VERY GOOD)  8-9**

* You ALWAYS arrive on time, with appropriate material, prepared to participate in the activity.
* You USUALLY demonstrate either outstanding or very good knowledge and use of the skills taught.
* Throughout PE classes you ALWAYS hustle, pay attention, change quickly, and actively stretch, no matter what the activity.
* You ALWAYS demonstrate outstanding sportsmanship and respect towards your classmates and teachers through cooperation and encouragement.
* You ALWAYS help with the clean-up of the equipment for the class and ask to help with any demonstrations.

**(GOOD)  7-8**

* You ALWAYS arrive on time, with appropriate material, prepared to participate in the activity.
* You USUALLY demonstrate either very good or satisfactory knowledge and use of the skills taught.
* In RARE activities, you have to be reminded to hustle, actively stretch and participate.
* You ALWAYS demonstrate outstanding sportsmanship and respect towards your classmates and teachers through cooperation and encouragement.
* You MOSTLY help with the clean-up of the equipment for each class and ask to help with any demonstrations as well.

**(SATISFACTORY)  6-7**

* You GENERALLY arrive to class on time, with appropriate material, prepared to participate in the activity.
* You USUALLY demonstrate satisfactory knowledge and use of the skills taught.
* SOMETIMES you have to be reminded to hustle, actively stretch and participate.
* At times, you must be reminded to demonstrate good sportsmanship and respect towards your classmates and teachers.
* You MOSTLY help with the clean-up of the equipment for the class and SOMETIMES ask to help with any demonstrations.

**(MINIMALLY SATISFACTORY)  5-6**

* You OFTEN have difficulties arriving to class on time with appropriate strip, prepared to participate in the activity.
* You demonstrate SATISFACTORY use of skills taught and knowledge of the activity.
* You USUALLY have to be reminded to cooperate and encourage others.
* You USUALLY have to be reminded to hustle, pay attention, get changed, stretch and participate.
* You OFTEN have difficulties demonstrating good sportsmanship and respect towards your classmates and teachers.
* You MOSTLY help with the clean-up of the equipment for the class and SOMETIMES ask to help with any demonstrations.

**(INCOMPLETE / UNSATISFACTORY)  0-5**

* Throughout the class, you have not completely participated in enough activities for the teacher to evaluate skills, sportsmanship, and fitness.  This could be due to absences, lack of gym strip, sickness, injuries, uncooperative behaviour, or lack of interest. You may have also failed to hand in a written assignment.  You have also made a choice of not helping with the clean-up of the equipment or with any demonstrations.

Feel free to keep this document for your reference.  Good luck and best wishes for a successful year in PE at MBSS!

**MBSS PHYSICAL EDUCATION**

**Please complete this page (remove from the rest of the course outline) and return to me for next class!**

**Communicating**

Throughout this quarter there will be a varying of progress reports sent out.  The purpose is to ensure that everyone (students and parents/guardians) are fully aware of the student's progress, including any missing assignments.  As such, I would ask that the following form be completed and returned to me as quickly as possible.

**Signing this page means you’ve read over the course outline.  Any questions or concerns about it can be emailed to me at david.marks@sd23.bc.ca.**

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Course correspondence will be through the student's @learn Gmail account with the district and the class Google Classroom site. I also have a teacher website where info is communicated which is https://mrmarksmountboucheriesecondary.weebly.com

Guardian name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Correspondence will be through email contacts that have been provided through MyEd and the student's profile stored in our records.

**Medical Info:**

Is there any medical issue/concerns that you would like me to know?

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