



Physical Education 10/20/30 Course Outline

Course Description: In Physical Education, students develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. Physical Education provides equitable opportunities for all students to realize the benefits of participation in physical activity.

Teacher Contact Info

Ms. M. Paul - PE LL & Sports Pro	malpaul@cbe.ab.ca
Ms. K. Wright- PE & Sports Med	klwright@cbe.ab.ca
Mr. T. Gordon- PE & Sports Pro	psgordon@cbe.ab.ca
Mr. S. Fraser- PE & Sports Med	msholland@cbe.ab.ca
Mr. K. Debolt - PE	kjdebolt@cbe.ab.ca
Mr. M. Blondin - Athletic Director, PE & Sports Pro	mcbldin@cbe.ab.ca
Ms. K. Baxter - PE	krbaxter@cbe.ab.ca
Mr. P Inostroza- PE	peinostroza@cbe.ab.ca
Ms. F. Eltassi - PE & Sports Pro	faeltassi@cbe.ab.ca

Unit / Weight	Outcome
Activity - 20%	- Students will develop, refine, analyze, evaluate and modify the performance of both locomotor and non-locomotor skills in a variety of ways and apply basic skills in a wide range of situations. Assessment Criteria: Student strives to improve skills through use of teacher feedback and sustained effort. Student applies ALL elements of taught skills consistently in open situations. Student demonstrates and applies understanding of specific rules and strategy during gameplay.
Benefits Health - 20%	- Students will understand, experience and appreciate the health benefits that result from physical activity. Assessment Criteria: Student is continually engaged, demonstrates a clear understanding of technical functional fitness components and seeks out challenges for personal growth. Student is always prepared for classroom activity and maximizes class time for active participation.
Cooperation - 30%	- Students will interact positively with others using appropriate communication, teamwork and fair play principals. Assessment Criteria: Student works cooperatively and communicates effectively with their peers and teacher. Student has a positive influence on class dynamics and seeks to include others in physical education activities.
Do it Daily...for Life! - 30%	- Students will assume responsibility to lead a healthy, active way of life. Assessment Criteria: Student demonstrates appropriate safety procedures during all class activities. Student consistently models an active lifestyle and participates in daily warm-up, skill-based, game-based and cool-down activities.

Basic Guidelines & Expectations:

- Over the course of the 2022-2023 school year, NMHS Phys. Ed. teachers will maintain an online course presence via d2l in regards to off-campus information and schedules. Students should check d2l often for any important information or announcements.
- **No phones and headphones in Phys. Ed.** Leave your phone and headphones in your backpack. The teacher will not be responsible for taking care of your valuables.
- Demonstrate respect for others and facilities. As we are sharing facilities and equipment in a public setting, it is an expectation that the guidelines of each facility be adhered to.
- Attendance, participation and completion of course tasks, to the best of your ability in all modules, will lead to successful completion of this course. A signed note from a guardian or doctor is required for any long-term injury or illness. You will be provided an alternative assignment in order to meet missed curriculum expectations.

Gym Strip & Locker Room Use

- A separate set of clothing, appropriate for physical activity is mandatory every Phys. Ed. class unless otherwise specified by a teacher. This may include but is not limited to a Mandela shirt or athletic shirt, shorts, and athletic pants. A Mandela Phys. Ed. Shirt can be purchased in the Phys. Ed. Office. If you are not changed, you don't play.
- A water bottle is recommended.
- Proper, non-marking footwear is mandatory. Boots, heels, flats, slides and sandals are not suitable options for Physical Education and you will not be allowed to participate.
- Students will be provided a Mandela locker to use. Change rooms (but not lockers) are provided at Genesis Centre. It is recommended students store their valuables when at Genesis where they can see them, in the space class is being held.
- Use of school bathrooms or an individual change room is recommended if you wish to change at school or Genesis Centre in a private location.
- Students are expected to change in a reasonable amount of time and make it to their PE class, regardless of location, within 10 minutes of the class start time.

Other

- You must wear your Student ID and lanyard to the Genesis Center to enter the facilities.
- Course Fees: The fees for PE 10 is \$25, PE 20 is \$90 and PE 30 is \$130. These fees will be used to cover the costs of off-site activities and transportation. Fees are due by the

second week of the semester to ensure participation in off-site activities. If you haven't paid or returned your off-campus paperwork you cannot go off-campus.

- PE 10 is broken down into 2 courses; PE 10 which is worth 3 credits and CALM which is worth 3 credits. Successful completion of PE 10 is required for enrolment in PE 20 and both PE 10 & CALM are high school graduation requirements.
- Work hard, play fair, participate and most importantly...have fun!!

Course Objectives and Assessment: For a more detailed list of curricular outcomes, please see the [Physical Education Program of Studies](#) and/or the [Mandela Phys. Ed. Assessment Indicators](#).