



## **GEORGE MCDUGALL HIGH SCHOOL**

### **Physical Education Program Grades 9 – 12 2019/2020**

**A. AIM OF PHYSICAL EDUCATION:** The aim of the McDougall physical education program is to enable individuals to develop the knowledge, skills and attitude necessary to lead an active, healthy lifestyle.

#### **B. OUTCOMES**

- Students will acquire skills through a variety of developmentally appropriate movement activities.
- Students will understand, experience and appreciate the health benefits that result from physical activity.
- Students will interact positively with others.
- Students will assume responsibility to lead an active way of life.

Each general outcome includes specific outcomes by grade. Students are expected to demonstrate these outcomes, to the best of their ability, by the end of the course. \* See curriculum tab on Plone page for curriculum details.

## **C. PHILOSOPHY OF PHYSICAL EDUCATION**

Physical activity is vital to all aspects of normal growth and development and the benefits are widely recognized. The physical education program is designed for a wide range of student abilities and interests and consists of a variety of activities.

The program strives to provide opportunity for each student to achieve success. A variety of learning experiences are offered to meet individual interests and differences.

Opportunities are provided to help students maintain physical fitness and develop the desire for lifelong participation in physical activity.

The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life.

## **D. DIMENSIONS OF PHYSICAL EDUCATION**

The following are the 5 dimensions of the physical education program:

1. Individual activities
2. Games
3. Aquatics and outdoor pursuits \* (field trips to Genesis offered)
4. Dance
5. Types of gymnastics

## **E. EVALUATION**

**PE 9** Skills 15% Attitude/Participation 50% Life Skills 25% Written Tests 10%

**PE10** Skills 20% Attitude/Participation 70% Written Tests 10%

**PE 20/30** Skills 20% Attitude/Participation 60% Assignments 10%  
Written Tests 10%

**F. SCOPE AND SEQUENCE** : An outline and schedule of all activities to be studied will be posted on the bulletin boards at the main and aux gym entrances. The course outline and review notes for written exams will be available online via the GMHS PE Moodle Page.  
[www.moodle.rockyview.ab.ca](http://www.moodle.rockyview.ab.ca)

**G. EXPECTATIONS:** Students are expected to follow all program guidelines and to be respectful, co- operative, positive, considerate and show good sportsmanship. Attitude, effort, co- operation and an appreciation for active living are the most important attributes in physical education. Students are marked daily therefore regular attendance is crucial to being successful in Physical Education class.

**Students are expected to arrive on time, change, and participate in each and every activity. Notes for lack of participation will only be accepted from a parent (within reason), doctor, or guidance counselor.**

## H. GUIDELINES

1. Students must be dressed in proper gym strip for all classes. Gym strip can be purchased from the business office or online ordering window. Gym shoes must have non-marking soles. Alternate, clean gym strip is available to borrow. If a student refuses, they will receive a zero for the day.
2. Jewelry should not to be worn in class. This includes earrings, watches, bracelets, necklaces and rings.
3. Frequent absences (excused or unexcused) WILL have a negative impact on your final mark. **PE is an activity-based course therefore missed classes/activity marks will not be made up. High absence records may result in failure of the course regardless of current course marks.** If you are going to be away for a vacation, please talk to your teacher about required forms and ways to make up missed marks.
4. Cell phones and iPods should not be brought to and used class
5. Students are to leave all valuables in their school lockers, not in the change room. Money, phones, and other valuables must not be left in the change room. Teachers are not responsible for items that go missing from the change rooms and they will not hold them for you.
6. Students are to be on time for all classes. Lates will result in a lower mark for the day.
7. As there are two or more classes scheduled at the same time students need to check the weekly schedules to see where their class meets.
8. When engaging in any activity students must follow proper safety procedures as outlined by teacher or risk sitting out with a deducted grade.