

CHS Physical & Health Education

Grades 10

Rationale:

To promote the benefits and rewards of a student body that is active and healthy.

To create an environment that fosters positive attitudes towards physical activity and promotes active participation through a variety of activities.

****Why is it important to take PHE?***

<u>Physical Literacy</u>	<u>Healthy & Active Living</u>	<u>Social & Community Health</u>	<u>Mental Well-Being</u>
Why is it important to learn to move?	What does fit look like?	What influences the choices you make?	What is the hardest part about being a teenager?
Why is play important?	Why is it important to be fit?	What are the consequences of the choices we make?	What does a healthy teenager look like?
How do I get better?	Are you fit? How do you know?		

We acknowledge the shared traditional territory of the Coast Salish people on which our school is located.

PHYSICAL and HEALTH EDUCATION 10: The Ministry of Education requires every student to participate in Physical and Health Education in grade 10. At the Grade 10 level PHE is a graduation requirement. It is our desire that each student find success at Clayton Heights Secondary, and with the combined cooperation and consultation of the student, teacher, parent(s), and administration, we hope that these years will be both beneficial and enjoyable.

CLASS ACTIVITIES: The activities in Physical and Health Education 10 can be divided into the following areas:

POSSIBLE Performance Oriented Activities include: *Badminton, Basketball, Dodgeball, Handball, Floor Hockey, Volleyball, Weights and Fitness, Bocce, Capture the Flag, Field Hockey, Flag Football, Lacrosse, Rugby, Soccer, Softball, Tennis, Ultimate, Minor Games, etc.*

POSSIBLE Written Assignments and Activities include: individual sport handouts / quizzes, PE theory assignments / research activities, video reflections, pre-learning assignments, first aid testing and assignments, individual and group leadership opportunities, etc.

GRADE 10: ACT First Aid Unit (a classroom introduction to basic first aid principles)

Individual Fitness and Skill Activities: skill & strategy demonstrations and assessment, beep test, timed runs, workout videos, fitness circuits and stations, weight training, and WORKOUT WEDNESDAYS 2x a month.

STUDENT EXPECTATIONS:

PE STRIP: **Appropriate gym strip is required for Physical Education.** It is expected that students change their clothes for PHE. Students need to consider the weather and the type of unit they are participating in when choosing their PHE strip for any given activity. In particular, students should layer their clothing on cold and rainy days to ensure warmth when needed.

IMPORTANT NOTES: **Loose hair should be tied up at all times** as untied hair can lead to physical injury and reduced physical performance, **all jewelry MUST be removed prior to the start of class** for obvious safety reasons, and **cleats of any kind are not to be worn inside the school under any circumstances** (please put them on and take them off outside or on the PE foyer matt). Also, school athletic uniforms may **NOT** be used as PHE strip at any time.

WHAT IF I FORGET MY PE STRIP?: Should a student fail to bring appropriate PHE strip, some may be provided as long as the student leaves some collateral with their teacher in the PHE office. A student who refuses to borrow PHE Dept lender strip will receive a 0 assessment for the class. Chronic NO STRIP will adversely affect achievement in Physical and Health Education.

WHAT SHOULD I WEAR TO PE CLASS?: Appropriate shorts or sweat pants, a T-shirt or sweat shirt, and proper running shoes **with laces properly tied up** are required for class.

WHAT IS NOT CONSIDERED APPROPRIATE PHE STRIP?: Clothes with inappropriate slogans or pictures (i.e. sex, drugs, alcohol, or tobacco ads) are not permitted in PHE class, and **ALL undergarments, midribs, and cleavage should be covered at all times.** Shorts or pants with zippers, belts, or buckles are unsafe and are not acceptable PHE strip. Also, cut-off shorts, jean shorts, spandex shorts and "short" shorts are not appropriate for PHE. The T-shirt rule requires that NO spaghetti strap tops, sleeveless T-shirts, tank tops, or low cut T-shirts be permitted in class – regular T-shirts only! Students must wear regular running or court shoes to class with their laces properly tied up, and proper jogging shoes and / or cross trainers are a must for running. Recreation shoes (street shoes, hiking shoes, dress shoes, sandals, etc.) are not permitted in class as they impede performance and can lead to serious physical injury. "Skater shoes" are not recommended in PHE class, as they provide little or no ankle support, which could also lead to serious injury. If a student fails to bring proper PHE strip to class, they will be asked to change into more appropriate strip.

ELECTRONIC EQUIPMENT: As in keeping with the school wide policy electronic devices may not be used or turned on during class time. The only exception MAY be when students are working out in the weight room (at the discretion of the classroom teacher).

PERSONAL HYGIENE: All students should follow good personal hygiene practices. Gym strip should be taken home and washed on a regular basis, and the use of deodorant is strongly encouraged. Students are given time at the end of each class to use the change room facilities before going to their next class.

LATES: Students are required to come to class on time, changed, and ready to participate. Lates will result in a lowered participation mark thus affecting the student's overall grade.

ABSENCES: Any student missing a PHE class will receive a "0" for that day's mark. Excused absences should be made up in the weight room during posted times. A written note should accompany the student when he/she returns to class explaining the absence with a name, date, signature and a phone number. **Absences not verified with a written note (or by a direct phone call or email to the student's PHE teacher) will be considered unexcused. Unexcused absences may NOT be made up and students will receive a "0" for that day's assessment (including participation as well as written assignments and / or tests).**

WHAT HAPPENS IF I MISS PE CLASS DUE TO A SCHOOL FIELD TRIP OR A SCHOOL ATHLETIC EVENT?: Students who miss PHE due to a school approved FIELD TRIP in another class will have the option of making up that PE block in the weight room **OR** completing an alternative written assignment. Also, athletes who miss PHE class due to participation in a game or tournament as a representative of a **SCHOOL ATHLETIC TEAM** will **NOT** be required to make up that PHE class. ***Athletes on community or rep teams that do not represent the school may still be required to make up any missed PHE classes due to competition or practice during school hours, but they will be given the option of completing weight room make ups or alternative written assignments.***

LIMITED PARTICIPATION AND MEDICALLY EXCUSED STUDENTS: We are very concerned about the general health of the students at Clayton Heights Secondary. We do realize that students may be limited in their participation due to illnesses or injury. In terms of influenza and colds, we thought it would be beneficial to mention that the BC Sports Medicine Council actually encourages MILD physical exercise during bouts of illness, and in fact students should only be excused from physical education if they have a fever. In cases of fever, students should stay at home until the fever subsides. Students with other physical conditions or injuries not allowing them to participate to the best of their ability in PHE **are required to** present a note to the teacher at the **beginning** of class. Students who are not fully excused from PHE class for medical reasons are **asked to bring their strip** and do as much as they can, otherwise they will be considered **NO STRIP** for the class. Proper arrangements will be made for all medically excused students to make up missed classes either in the weight room or by completing written medical assignments.

WHAT HAPPENS IF I HAVE A LONG TERM INJURY OR ILLNESS?: Students who will be **FULLY** excused from PHE class for more than **three** consecutive classes may be asked for a doctor's note explaining their illness. Arrangements will be made with the teacher to make up missed classes.

RESPECTING SCHOOL EQUIPMENT: All students are required to treat PHE equipment and gym facilities with respect at all times. Students must return equipment promptly upon request to the correct location. PHE supplies and equipment should only be used while under direct teacher supervision. Storage rooms are out of bounds to students without teacher consent. Special care should be used when the large gym dividing-wall is down, and students should not stand beneath the wall when it is in motion. Please do **NOT** pass through the end of the wall

from one half of the gym to the other, and students must avoid horseplay and unnecessary contact with the wall at all times.

PROTECTING YOURSELF & YOUR VALUABLES: LOCK IT OR LOSE IT!, cell-phones and other electronic devices are not permitted in PHE class as they limit hearing in potentially dangerous environments, and cause distractions to others in class – please leave them locked up in a safe place before coming to class. Students are also **STRONGLY** recommended to bring a combination lock to use on the gym lockers in the change rooms to ensure the safety of their valuables. Locks must be removed at the end of each class to allow room for the next class. If locks are left on, they will be removed and the contents of the locker will be taken to the lost and found at the main office. Students may also be allowed to bring gym bags / backpacks to their assigned PHE facility rather than leaving them in the change room, but please ask your PHE teacher for permission first before doing so. **PLEASE NOTE: The school / staff are not responsible for lost or stolen items, and remember that THEFTS FREQUENTLY OCCUR when equipment / valuables are not locked up.**

GYM USE OUTSIDE OF PE CLASS: Appropriate footwear **MUST** be worn when on the gym floor, and all activities in the gym require the permission of an adult supervisor.

FOOD / DRINK IN GYMNASIUM: FOOD, DRINK (except WATER), AND GUM ARE NOT PERMITTED IN THE GYM OR CHANGE ROOMS AT ANY TIME. GUM IS PROHIBITED AT ALL TIMES FOR OBVIOUS SAFETY REASONS. To encourage proper hydration, students are recommended to bring a bottle of drinking WATER to the gym or out to the field. Sports drinks such as powerade and pop are loaded with sugar and empty calories, and are of no nutritional value to the student. Also, sports drink spills create unsafe play environments and cause damage to the gymnasium floor and school equipment.

WHERE DO I MEET AT THE END OF CLASS?: At the end of class, students are expected to **meet their teachers in the same location where attendance was taken until the bell rings or announcements are over.** Students who were **OUTSIDE** for the period should meet in the PHE foyer at the end of class. Students leaving early or waiting in the HUB may receive a “zero” for their daily participation.

ASSESSMENT: We want to emphasize that we are educating “through the physical” and activity is our medium. A large majority of a student’s Physical and Health Education grade in each unit is based on their safety, fair play and leadership (daily effort, participation, and attitude in class), and students who do not participate or behave to the best of their ability will obviously lose daily participation marks. In Physical and Health Education, we are emphasizing the development of responsible citizens with positive attitudes, and obtaining an 8 to 10 on daily “personal and social responsibility” marks can lead to an excellent overall grade in Physical and Health Education. In terms of letter grade percentages, they are the same as in most other classes (i.e. A = 86%). The categories of student assessment in PE 8 - 10 are outlined below:

- Participation, Attitude, Effort
- Fitness and Skill (Skill assessment and Fitness Activities)
- Theory and Knowledge (PE Theory, Active Living Assessment, First Aid Activities)

Participation, Attitude, Effort

Students will receive a mark out of "10" each class based on the following point scale values. Please **NOTE**: partial marks may be given within this scale point system (i.e. 8.5).

9 – 10 "A" STUDENT

-OUTSTANDING EFFORT, ATTITUDE, AND PARTICIPATION!

- plays hard all the time and gives maximal effort!
- is a good team player, and makes others look good through passing, encouragements, and support
- works hard as a leader and is a consistent follower (listens and takes directions very well)
- demonstrates emotional and social control at all times
- always follows PE policies (i.e. ties hair back, ties laces, no gum or jewelry, no swearing, etc.)
- assists with equipment and accepts all others in class
- is on time and in appropriate PE strip
- completes and submits assignments and classroom activities on time, & makes up verified PE absences

7.5 - 8.5 "B" STUDENT

-GOOD EFFORT, ATTITUDE, AND PARTICIPATION!

- plays hard most of the time
- occasional slips in effort and concentration
- works hard most of the time to be a good teammate and listener
- usually displays appropriate fair play skills and competitive behavior
- generally cooperates with and respects others

6 - 7 "C /C+" STUDENT

-SATISFACTORY EFFORT, ATTITUDE, AND PARTICIPATION!

- inconsistent effort at times
- participates only when activity is liked or of interest to the student
- lots of "ifs": works hard "if" teacher is watching, "if" with friends, "if" good at skill, "if winning" etc.
- adequate in areas of attitude, participation, and effort but work is needed to improve mark
- often late to class or borrows PE strip
- assignments often late or incomplete
- has difficulty following PE policies and procedures on a regular basis

4 – 5.5 "I" STUDENT IN DANGER OF FAILING THE CLASS

- lack of attentional and emotional control
- inappropriate competitive behavior
- going through the motions and works below potential on a regular basis
- participates with little enthusiasm and / or effort
- frequent absences and / or lates to class (when absent - does not verify or make up PE class)
- difficulty with punctuality and / or gym strip
- rarely submits PE assignments or completes activities

1 – 3.5 "F" STUDENT – FAILURE LIKELY

- little or no effort in class
- "I choose not to try" attitude in class
- poor etiquette and / or behavior (i.e. inappropriate language)
- disrespectful and disrupts the learning of others by talking, being off task, etc.
- Removed from class for inappropriate personal behavior (0 mark usually given)
- NO strip (**0 mark given**)
- .Absent or truant (**0 mark given**)
- does not follow PE policies and procedures
- assignments not submitted / activities not completed

SAFETY, FAIR PLAY AND LEADERSHIP CRITERIA

Safety of Others - to show care for and interest in the safety and well - being of other students.

Self Esteem - the ability to recognize the range of personal abilities in yourself as well as in other students.

Attention Control - The ability to focus attention on an individual or task when asked to do so.

Emotional Control - the ability to keep your emotions and language in check at all times.

Fair Play - the ability to participate in an activity and abide by the rules without having to be told to do so.

Leadership - demonstrating the qualities necessary to impact on the emotions and activities of a group.

Etiquette - to demonstrate an understanding of the rules and proper conduct for any activity.

Appropriate Competitive Behaviour - the ability to be involved in individual, dual and team activities, giving 100% effort and not forgetting about the feelings and rights of others in your class.

Respect - the ability to show proper regard for and consideration of all staff, students & school equipment.

Acceptance of Others - the ability to accept individual differences between people at all times.

Volunteering - giving your own time and energy to make the class environment as enjoyable and organized as possible.

Enjoyment - to feel good about an activity due to one's knowledge, skill development, and participation.

Encouragement / Support - the ability to physically and verbally give positive reinforcement to classmates.

Cooperation - the ability to work with others towards a positive learning environment.

Skill Development - the ability to approach and practice skill development with a positive attitude.

Appropriate Strip - coming to class with the appropriate P.E. strip in order to participate in the activity.

Attitude, Participation, Enjoyment - willingly participates with maximum effort and enjoys being involved in a variety of activities.

Communication and Listening – listening to instructions, following directions, and respecting PE policies and procedures.

The Clayton Heights Physical and Health Education Department would like to thank you in advance for your support in the upcoming year. Please do not hesitate to call the school at 576-4138 if any questions or concerns arise.

Sincerely,

Clayton Heights Secondary School Physical Education Department

PLEASE COMPLETE AND RETURN TO YOUR PE TEACHER ASAP!

PE TEACHER: _____ STUDENT'S NAME: _____
STUDENT # _____ DATE: _____ BLOCK: _____ GRADE: _____

The Physical Education Department of Clayton Heights Secondary would like you and your parent / guardian to sign below to acknowledge that you have read and understand our policies and assessment procedures.
PLEASE GO TO THE SCHOOL WEBSITE TO FIND A COPY OF THE COURSE OUTLINE

The main goal of the PHE department is to provide all students with the necessary knowledge, skill, and opportunity to enhance their quality of life through active living. In order to do this, we feel it is very important that all students understand and follow the PHE department rules and guidelines as requested by the PHE staff or their immediate representatives. Irresponsible behavior often leads to unsafe situations, and is therefore not acceptable in PHE class. Failure to comply with the PHE policies and procedures could result in failure of the course and / or immediate removal from the activity. **ALL STUDENTS AND PARENTS ARE STRONGLY ENCOURAGED TO CLARIFY ANY UNCLEAR PE POLICIES WITH THE APPROPRIATE TEACHER AS SOON AS POSSIBLE.**

STUDENT SIGNATURE: _____ PARENT SIGNATURE: _____
HOME PHONE NUMBER: _____ WORK PHONE NUMBER: _____
PARENT / GUARDIAN HOME EMAIL: _____ WORK EMAIL: _____

MEDICAL ALERT INFORMATION: (please print "none" if condition does not exist)

MEDICAL PROBLEMS OR ALLERGIES: _____

EMERGENCY CONTACT NAME AND NUMBER: _____

Thank you for your taking the time to read and understand our Physical and Health Education policies. I hope that you enjoy your Junior PHE experiences at Clayton Heights Secondary!

**** PE MAKE UP POLICY – PLEASE READ!****

Any student absence that is not verified with a **WRITTEN NOTE / DIRECT EMAIL OR PHONE CALL** from a parent or guardian will be considered "**UNEXCUSED**". Please verify your absence by bringing a written note with you upon your return to PE class, or have your parent or guardian contact your PE teacher DIRECTLY via telephone, email, or personal voice mail! Verified absences from PE class must be made up in the weight room within 2 weeks of the absence. Make up times are posted outside the PE office and are announced to PE students at the beginning of each semester.

****Our make up policy regarding FIELD TRIPS and SCHOOL ATHLETIC trips that result in missed PE blocks is as follows:** Students who miss PE due to a school approved FIELD TRIP in another class will have the option of making up that PE block in the weight room during the scheduled make up times OR completing an alternative WRITTEN ASSIGNMENT on their own time. Also, athletes who miss PE class due to participation in a game or tournament as a representative of a SCHOOL ATHLETIC TEAM will NOT be required to make up that PHE class. *Athletes on community or rep teams that do not represent the school may still be required to make up any missed PHE classes due to competition or practice during school hours, but they will be given the option of completing weight room make ups or alternative written assignments. This should be discussed with your teacher on an individual basis.*

If you have any questions regarding the Clayton Heights Physical and Health Education Program, please feel free to contact us at the school.

Clayton Heights PHE Department