



Physical and Health Education 8/9 Course Information

Philosophy: to enable all learners to enhance their quality of life through active living.

In Physical Education 8 we will provide an introduction to a variety of team and individual sports. Principles of fitness and nutrition will also be taught. In Physical Education 9, further development of fundamentals and game strategies are taught. Student participation is essential to success. Each student must attend regularly, demonstrate a willingness to learn, and put in a solid effort regardless of skill level.

Core Competencies:

- Communication, thinking, and personal/social

Big Ideas:

- Daily participation in different types of physical activities influences our physical literacy and personal health and fitness goals.
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

Activities may include indoor/outdoor individual, dual and team pursuits. Further description of the PE 8 and 9 curricula is available at: <https://curriculum.gov.bc.ca>

Student Expectations

Attendance - A note may be required upon returning to class for missed P.E. classes and only absences of illness, medical appointments, school functions and other unavoidable reasons are considered excused absences. Students need to ensure parents/guardians make contact with the school regarding absences.

Punctuality – students should be in gym strip, ready to go, within five minutes of the starting bell.

Equipment/Materials needed – students are required to have a change of clothes each day. This can be shorts/track-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must be prepared with warm/dry clothing when the class is outside. In addition, students are encouraged to include a water bottle as part of their everyday gym strip.

Assessment

Will be made in the following curricular competencies:

Physical literacy

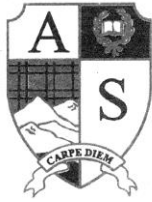
Healthy and active living

Social and community health

Mental well-being

Evaluation may include written tests, assignments, self-assessment, fitness testing, skill development, and daily participation.

Field Trips - Argyle's P.E. students may attend out of school field trips in the community for various recreation activities. It is the student's responsibility to transport themselves to these locations. Please read the Informed Consent (*Located on the Programs and Services/Physical Education section of the website*), then sign and return the attached *INFORMED CONSENT APPROVAL* form.



ÉCOLE SECONDAIRE ARGYLE SECONDARY SCHOOL

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PLEASE RETURN THIS MEDICAL/INFORMED CONSENT APPROVAL FORM TO YOUR TEACHER

Name of Student: _____

Gender : _____

Please note any health problems, physical restrictions, emotional difficulty, behaviour problem, or other factors that may limit participation in Physical Education:

Please note any serious injury or medical condition that would require special first aid treatment should another injury occur:

ONE-DAY FIELD TRIP INFORMED CONSENT APPROVAL

Class/Purpose: PE 8-10 Activities

PARENT/GUARDIAN PERMISSION

A student must have parent/guardian written and signed permission in order to participate in any field trips. Without this signed consent, students will not participate in any field trips.

PARENT/GUARDIAN CONSENT

I, _____, have read the full Informed Consent document that pertains to my son/daughter _____'s field trips to various activities/locations. I am aware of the behavioural expectations of my child while attending this field trip, and that there will be consequences for non-compliance, which may include, but not be limited to, being sent home with a chaperone escort at my/our expense. I am aware of the inherent risks and potential consequences that may occur on this field trip. My signature here indicates that my child has my informed consent to attend the field trip.

Signed _____

Dated: _____