

**TEMPLETON SECONDARY SCHOOL
PHYSICAL EDUCATION
8-10
COURSE OUTLINE**

Philosophy:

Our program is designed to assist students in acquiring the skills, knowledge, and attitudes which will help them attain a healthy lifestyle and develop their potential; physically, intellectually, emotionally, and socially.

Objectives:

To assist students in obtaining and maintaining:

- health and fitness
- knowledge and motor abilities
- understanding of the human body, movement principles, and sport strategies
- positive attitudes towards themselves, others, and participation in various activities

STUDENT EXPECTATIONS

Attendance:

You are expected to attend all classes and be on time. If illness occurs which prevents participation or causes absence, I need to see a note from your parent/guardian explaining said absence. Excused students are expected to help out in class where possible, and remain with the class until the end of the period.

- A doctors note is required for any medical exemption preventing participation in excess of one week

Gym Strip

You are expected to bring and wear full gym strip (shorts, t-shirt, sport socks, and supportive athletic shoes). Have a change of clothes for after P.E. Class. Be prepared to go outdoors (ie hoody, sweat pants). Swimsuits are also required for our swimming program.

An additional lock is required to lock up your personal items during class time only. Please do not bring any valuables to class, as there have been many locker break-ins.

Participation

This is an active participation course! You are expected to participate in every activity to the best of your ability. You are expected to help and encourage classmates whenever possible, as well as assisting with the setting up and taking down of equipment.

Safety and Cooperation

Conduct yourself with an awareness of safety for you and others. Refrain from wearing jewelry and chewing gum. Follow all of the safety rules given by your teacher. Cooperate with classmates and teachers so that fun, participation, and learning can be enhanced.

EVALUATION

Personal and Social Responsibility	-attendance, leadership, P.E. Strip, participation, effort, behaviour, cooperation, respectful to teacher and classmates	30%
Physical Fitness	- fitness testing and timed runs	30%
Skill	- skill acquisition and improvement	30%
Quizzes and Assignments	- written	10%