



Catholic Central High School

Department of Physical Education PE 10



The criteria for assigning marks in Physical Education 10 will be as follows:

Physical Skills, Knowledge and Understanding 20%

Teachers will use skill tests and/or observation checklists to determine skill acquisition and application in the activities of that unit.

The teacher will use written assignments or written examinations to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of activities. Students who miss assignments/exams will need to adhere to the policy below.

*******Assignments not completed or handed in*******

The Holy Spirit Division Assessment Policy states the following: A student's failure to submit work is a critical behavioural and discipline issue as defined by the School Act in that *“a student shall conduct himself or herself so as to reasonably comply with the following code of conduct: (a) be diligent in pursuing the student's studies.”*

Teachers at Catholic Central have determined the following procedures to be used if a student does not hand in work:

- (1) Alternatives will be discussed with student such as an alternative due date, alternative assignment, and time with the teacher to work on the assignment, etc.
- (2) Parents will be contacted by the teacher and alternatives discussed.
- (3) The student will be referred to administration or a counselor to discuss reasons for work not being completed.
- (4) Working with the student, parents, teacher and, if necessary, administration a mutually agreeable solution will be reached.

Note: Assignments are one method by which teachers determine that a student has acquired the designated learner outcomes for a course. Incomplete assignments jeopardize the student's completion of the course.

If a student does not demonstrate that he/she has acquired the learner outcomes, then a course mark will not be awarded to the student. No course mark can be awarded until the student has demonstrated acquisition of the learner outcomes, either through alternative assignments or a mutually agreed upon solution between student, parents and teacher.

Performance 70%

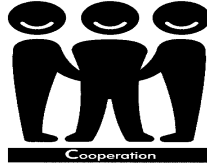
Students will be expected to exhibit and accept a certain amount of responsibility during class. Quality daily participation and a positive attitude toward all activities, classmates and teachers are essential to achieving the learner outcomes for Physical Education 10.

A day grade, out of 5 marks, will be given to each student according to the **Daily Mark Scoring Rubric**(on page 2).

Health and Wellness Journal 10%

Entries into the Active Living Journal will be made on a weekly basis. Students will record their reflections on their personal fitness, wellness and spiritual growth.





Daily Performance Rubric

5 Marks = Excellent

- Always demonstrates skill development through appropriate movement activities (various units).
- Always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Always is polite, honest, and positive with all members.
- Always demonstrates an active lifestyle performance in and out of class.
- Always punctual and prepared for class activities.

4 Marks = Acceptable

- Almost always demonstrates skill development through appropriate movement activities (various units).
- Almost always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Almost always is polite, honest, and positive with all members.
- Almost always demonstrates an active lifestyle performance in and out of class.
- Almost always punctual and prepared for class activities.

3 Marks = Average

- Usually demonstrates skill development through appropriate movement activities (various units).
- Usually demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Usually is polite, honest, and positive with all members.
- Usually demonstrates an active lifestyle performance in and out of class.
- Usually punctual and prepared for class activities.

2 Marks = Needs Work

- Sometimes demonstrates skill development through appropriate movement activities (various units).
- Sometimes demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Sometimes is polite, honest, and positive with all members.
- Sometimes demonstrates an active lifestyle performance in and out of class.
- Sometimes punctual and prepared for class activities.

1 Mark = Unacceptable

- Rarely demonstrates skill development through appropriate movement activities (various units).
- Rarely demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Rarely is polite, honest, and positive with all members.
- Rarely demonstrates an active lifestyle performance in and out of class.
- Rarely punctual and prepared for class activities.

Attendance

Physical education is an activity class, and as such, participation in appropriate PE attire is of the utmost importance. Credits are contingent upon meeting learner outcomes from the Alberta Program of Studies.

A student may be unable to participate for excused or unexcused reasons. If this is due to an extended illness or injury, the student must provide a medical certificate. In all cases, the student will be given the option of an alternate assignment to make up for lost instructional time or class participation. In some cases, depending on the period of time missed, a student may have his/her credit allotment for the course withdrawn.

Individualized Program Plan Information

If your son or daughter is on an Individualized Program Plan or is coded as a Special Education Student, you need to meet with Mrs. Carol Koran, Coordinator of Special Needs Services at CCHS, prior to permission being granted for participation in the field trip.

Tardiness

A student will be allowed 5 minutes of preparation time for in school activities and fifteen minutes of preparation time for off school activities. Students will be expected to be changed out and ready to participate within this time allotment. Failure to be punctual will be reflected in the student's Daily Performance mark (See page 3).

The following exceptions will allow student admittance to class:

1. A written note from a parent/guardian.
2. Notification of a professional appointment
3. A note from the appropriate administrator or teacher.

First Aid

Students will be instructed in CPR according to the Advanced Coronary Treatment (ACT) Foundation of Canada curriculum. This first aid unit seeks to educate youth in CPR training so they have the skills and knowledge to save lives, and can take this knowledge to present and future families.

Dress Regulations

Appropriate dress for PE consists of a change of shirt, shorts, socks, and appropriate athletic footwear. It will be expected that students change into gym wear every day unless instructed otherwise. Students must be prepared to be active outside in cooler weather and must dress accordingly.

- It is highly recommended that each student have a separate pair of approved court shoes for use while in the gym -

Hats will not be considered gym wear unless the class is conducted out of doors. Students who wish to wear mouth guards are encouraged to do so.

Quarter Calendar

Students will be given a daily activity calendar and will be expected to be prepared for each daily activity. Additional calendars will be posted on the CCH Physical Education web page, at the main office, in the dressing room hallways.

Safety Procedures

For each student's individual safety and well-being:

1. Report all injury accidents to the teacher, no matter how minor.
2. Students should wear appropriate gym attire and appropriate athletic shoes to participate in class.
3. Only activities where the teacher has given instruction or permission should be performed.
4. Only equipment authorized by your teacher should be used.
5. Students are not permitted to start the activity unless instructed to do so.
6. Instructions should be followed carefully.
7. No jewelry should be worn in class.
8. Students should know the proper fire drill/lock down procedure.
9. Students should not use faulty equipment but should report the problem to the teacher.
10. **Aquatics Unit:** This unit is developed **for both the swimmer and non-swimmer**. The unit is taught by certified life guards under the supervision of the classroom teacher. The unit consists of water fitness activities and life saving techniques.
Students should report all medical history, physical handicaps and swimming ability to the lifeguards and teachers.

Transportation to Off-Campus Facilities

- Students will be required to walk to sport facilities near the schools (i.e.) Lethbridge Tennis courts, Lethbridge Curling Club, YMCA, Top Ten Bowling, Henderson Lake. When transportation is required it will be provided by school bus.
- Students will be expected to comply to appropriate student behavior guidelines (CCH Student Agenda) while waiting for transportation to and from school to off campus facilities.
- While traveling in any CCH bus . students **MUST wear a seatbelt.**
- **STUDENTS ARE NOT PERMITTED TO DRIVE THEIR OWN VEHICLES OR TO OBTAIN RIDES WITH OTHER STUDENTS TO OFF CAMPUS FACILITIES**

Physical Education Classroom Procedures

Students will be given 5-10 minutes to change after the equipment is replaced. **Students must stay in the gym foyer area or gym until the dismissal bell rings.**

1. **No** food, drinks (other than water) and hats are allowed in the various physical education facilities, in the various lecture areas, or at off-campus facilities.
2. Students will be expected to show respect for equipment. Advise your teacher of any damaged equipment immediately so that the equipment may be repaired or replaced.
3. I-pods, MP3 players and cell phones are **NOT** to be brought to class.
4. PE students share lockers and therefore we suggest that valuable items be left at home or in the students main school locker. The PE department will not take responsibility for stolen items out of PE lockers. On occasion PE lockers are left unlocked by the students and items go missing. **%6** you do not bring valuable items to class, they will not go missing.+