Grade 6-8 Physical Education

Physical Education creates an opportunity for the student to learn and explore the human body and its capabilities. Fitness management, healthy lifestyle practices, movement, personal and social management and safety are the primary goals of Physical Education which are accomplished through a variety of age appropriate team and individual activities and a variety of thematic health lessons.

## Grade 6-8 Curriculum

1. Fitness Management – The student will demonstrate the ability to develop and follow an age appropriate personal fitness plan for lifelong physical activity and well-being. A variety of fitness challenges and lessons will assist students with the understanding of their own personal health and fitness management.
2. Healthy Lifestyle Practices – The students will demonstrate the ability to make age appropriate informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.
3. Movement – The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences and environments.
4. Personal and Social Management – The student will demonstrate the ability to develop self-understanding. To make health enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.
5. Safety – The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.

## Physical Education Expectations

1. Arrive punctually. Within 5 minutes of the bell the student should be changed and participating in an engaged and active manner.
2. Dress appropriately. Whether it is warm or cool outside students should be prepared for activity outdoors. The indoor dress for PE is as follows:
	1. Running shoes (supportive shoes that are different than the everyday pair worn around the school)
	2. T-shirt (different than the one that is worn throughout the day. NO SCHOOL ATHLETIC UNIFORMS).
	3. Light jacket or sweatshirt and sweatpants for cooler weather.
	4. Athletic shorts
	5. A well-equipped gym bag should contain basic personal hygiene products. (eg. Deodorant).
	6. No jewelry or watches. Damage, loss (theft) and personal injury are greatly reduced when precious items are left at home or locked in a student locker.
3. Participation. Like any other course, student involvement is critical for success. Active learning means working and moving. A good measure of work is sweat. When circumstances to do not allow for participation, appropriate correspondence must accompany student attendance. Email, parental notes and verbal confirmation by parents or guardians are acceptable means of communication.
4. Assessment. Daily assessments will be made for appropriate dress, cooperative social interaction, active participation and safe practices. Students will be regularly assessed for skill development and conceptual understanding by both the teacher and through self-assessment.

## Mark Breakdown:

Personal & Social Management 20%

Movement 20%

Safety 20%

Individual Technique Development 20%

Fitness Management 15%

Participation 5%

PE will benefit the mind, body and spirit through the creation of a positive, active and interactive environment where physical challenges can be met and conquered, leading to lifelong positive health practices. The basic expectation of every PE opportunity is to be prepared, engaged and active.

### CONTACT INFORMATION

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