



## Physical & Health Education Course Outline

Dear Students and Parents,

Please find the following documents attached to this syllabus.

- Course Outline
- Assessment Outline
- **Sexual Education Permission Form**

Welcome to another great year at Westmount. We have an exciting program for our students this year and are eager to begin classes. Below is the course outline that provides key information for students and parents.

### **Vision Statement:**

To develop students who are literate and competent in life long physical activity participation.

### **Mission Statement:**

Our Purpose is to provide a high quality differentiated physical education programming for students who are gifted (The Charter, 1998).

### **Purposes:**

**Physical Education:** The aim of the Grade 7-8 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

**Health Education:** The aim of Health Education is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well being of self and others.

According to Alberta Education, students will pursue four **general outcomes** upon which the Kindergarten to Grade 12 physical education program is based.

1. **Activity:** Acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.
2. **Benefits health:** Understand, experience and appreciate the health benefits that result from physical activity.
3. **Cooperation:** Interact positively with others.
4. **Do it daily for life:** Assume responsibility to lead an active way of life.

In addition to the four general outcomes, **specific outcomes** will be addressed each class.

## Class Locations

The class will occur in a variety of locations:

- Gymnasium and fitness center
- Outside fields
- Local Community Spaces (see attached permission form)
- **Field trip locations will be announced throughout the year**

## Class conduct

1. Students, teachers and guests will be treated with kindness, friendliness and enthusiasm in the pursuit of creating a respectful environment.
2. Arrive at class with proper “active wear”. This means being prepared for indoor and outdoor activities at all times.
3. Students can not bring food into the gym (no chewing gum).
4. Students are not permitted to wear any jewelry (body piercing, neck bands or wrist bands).
5. Students must wear appropriate footwear (no boots, sandals or casual shoes).
6. Students must bring his/her own water bottle. Students should not share bottles!
7. **Any students who have shown themselves to act in unsafe, irresponsible or disrespectful manner may be placed on a probationary behavior contract and not allowed to attend field trips.**

## Marking Scheme:

Daily PASS marks and Unit Assessments (see attached sample rubric)	<b>80%</b>
Health	<b>20%</b>

## Participation/Effort, Attitude/Leadership, Sportsmanship and Skill (PASS) day marks:

For each letter above (P,A,S,S) you will assign and record a mark with your teacher. Your day marks and Unit assessments represent the largest percentage of your final grade.

If you should require more information, please contact us via phone or email.

Sincerely,

PE Department.