



## Heloise Lorimer School Physical Education Course Outline

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### Physical Education Philosophy:

Physical activity is vital to many aspects of normal growth and development and has widely recognized benefits. **At Heloise Lorimer we want to enable students to enhance their physical literacy via learning and developing the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle through a variety of activities and personal successes.** Through enjoyable participation, our program will deliver direct activity time and will help students assess their physical status and formulate personal health and fitness goals throughout their lifetime. With a positive attitude and effort, active participation and cooperation, and regular attendance, students will be successful in Physical Education.

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### *Students will:*

- *Acquire and improve upon fundamental movement skills through a variety of developmentally appropriate activities including dance, games, individual activities and activities in alternative environments.*
  - *Understand, experience, and appreciate the health benefits that result from physical activity and leading a healthy life.*
  - *Interact positively with others through cooperative and competitive activities.*
  - *Assume responsibility for leading an active and healthy way of life by learning to be active in numerous ways, working with others, and setting goals.*
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### **To be successful in PE students must:**

- *Attend class: regularly and on time.*
- *Be prepared: wear gym strip (G5-8) and proper footwear and complete daily warmups.*
- *Meet class expectations: participate daily, showcase skills, cooperate with others, complete self-evaluations and reflections, challenge themselves, be respectful, and demonstrate an understanding of the benefits of physical activity.*
- *Work hard: use effort, focus, and attention.*
- *Demonstrate a good attitude: interact positively with and show respect for self, others, and equipment and show sportsmanship.*
- *Listen carefully: follow instructions and safety protocol.*



## **Fitness:**

Students will regularly be engaged in age-appropriate fitness activities including aerobic and anaerobic training (Ex. Beep tests, yoga, circuit training). Our objective is to help students obtain the necessary knowledge, skills, and attitudes associated with functional fitness that allow them to become active for life. These fitness activities will be incorporated into student grades and will occur during warmup and throughout the year in various units.

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## **Gym Clothing/Changing and Knights Spirit Wear:**

Starting in grade 5 students must change for gym class. All students must wear appropriate clothing for physical activity, including footwear (shorts/sweats/track pants without pockets or belt loops, t-shirt/athletic shirt, and non-marking, closed-toed runners). We strongly encourage our students to wear Knights gear in order to help us build a positive and meaningful school culture and to ensure students are prepared for class.

Knights clothing can be purchased online through the school website at <http://lorimer.rockyview.ab.ca/>. A variety of colour and sizing options are available for gym strip, as are several additional clothing items not listed above (some of which can be customized).

Change rooms are to be used for changing only. Students should be in and out as quickly as possible to ensure they complete a proper warmup. Backpacks, binders, and valuables are not to be left inside the change rooms. Teachers will not be responsible for any lost or damaged items.

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## **Absences and Injury:**

A parent note is required for students to be excused from PE class. A doctor's note is required for any long term absence from class. If students are injured and unable to participate for a significant length of time, or are going to be away for an extended absence, a long term assignment will be given for completion. Please note that being busy due to extracurricular activities, tutoring, and/or other school work are not acceptable reasons for being excused from PE class. Excused students are expected to participate in whatever way possible (assisting the instructor, scorekeeping, throwing but not running, etc.).

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## **Supplementary Programs and Athletic Teams:**

Throughout the year, students in each grade will be participating in some off-site activities in alternative environments as part of the curriculum (active living week and grade level P.E. field trips). These are unique opportunities in which students get the chance to do activities not available to them within the school gymnasium or field. Examples include youth fitness training and swimming at Genesis Place, bowling at Shamrock Lanes, skating at local rinks, and more.

**Please note that these activities will be pre-determined for each grade and are subject to facility availability.**

Students also have the option to enrich their PE experience through participation in extracurricular programs including athletic teams for students in grades 6-8 and intramurals for all grades. Please speak with Mr. Pratt to find out more about these opportunities.

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## Evaluation:

All PE classes at Heloise Lorimer School will be evaluated in the following categories:

- Activity: Students display skill and actively engage in all classroom activities.
- Benefits Health: Students strive to increase personal levels of fitness and their understanding of the positive effects of activity.
- Cooperation: Students display cooperation with their teachers and peers and demonstrate sportsmanship at all times.
- Do it Daily: Students develop and take responsibility for the knowledge, skills, and attitudes needed to become active for life.

Forms of evaluation include but are not limited to:

- Teacher observation/conferences
- Performance tasks
- Self-evaluation
- Student responses/demonstrations
- Student reflections

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## Assessment

Our primary focus is to help students lead active, healthy lifestyles. As such, *student participation, effort, cooperation, and safety in PE class are our highest priority. In each unit/theme, students and their PE teacher(s) will evaluate student's effort and cooperation using a cumulative mark on a scale from Limited to Mastering.* These marks will be based upon a student rubric that evaluates fair play, communication, teamwork, leadership and followership, sportsmanship, attention to instruction, problem-solving skills, respect, and more. They will also be used to assess student knowledge and understanding regarding the benefits of physical activity and ways to stay active and improve their physical performance (Ex. goal-setting, personal challenge, and responses to physical activity).

To record this grade, students in Grades 5-8 will be asked what they feel they deserve based upon their performance for the most recent activity. If agreed upon by the teacher, that mark will be recorded. If there is a discrepancy between the student mark and the teachers mark, a discussion will occur to try to come to an agreeance. If an agreeance cannot be made, ultimately the teachers grade will be entered. These scores will then be used to create an average grade for each unit. Self-evaluations will not be used for Kindergarten or Grade 1-4 classes.

*The following can result in deductions to grades and should be considered when evaluating:*

1. *Refusing to participate and/or poor effort (lack of engagement – spectator presence).*
2. *Being unchanged or not wearing appropriate gym strip (if it influences participation).*
3. *Showing up late for class and/or failing to complete warmup.*
4. *Bringing distractions or inappropriate items to class: jewelry, gum, food, phones, etc.*
5. *Misuse of equipment and/or a lack of consideration for safety.*
6. *Failure to follow instructions properly and/or distracting peers/teacher during instructions.*
7. *Not reporting self-assessment or reflection grades and/or leaving before dismissal.*
8. *Irresponsible and/or inappropriate behavior or communication including disrespect, foul language, put downs, poor sportsmanship, and pouting.*

9. *Removal from class or being asked to sit out.*

As these marks make up largest percentage of student grades, if they participate according to expectations, all students are more than capable of achieving success in PE, not just those students who excel in athletic skill.

**In addition to daily scores, students will be formatively assessed based on their preparedness.** To maintain safety and personal hygiene as well as to limit injuries in PE, proper preparation is essential. As such, all students will be required to complete a daily warmup prior to beginning class. In addition, beginning in grade 5, changing for physical education is mandatory. Each day it will be recorded if students are changed into gym strip and wearing proper footwear. It will also be noted if students do not complete their warmup. If students are only partially changed, they will be considered not changed for class. Consistent non-changing will result in parents being contacted to try to resolve the issue.

**Students will also be assessed based on their ability to meet curricular standards linked to fundamental movement skills** (Ex. throwing, running, jumping) and their application. These grades will be entered once per unit/theme and will be derived from teacher observation and conferencing (and self-evaluations for students in Grade 5-8). Improvement within a unit/theme will be considered and will positively impact student grades. As most activities involve more than one skill, students will be informed what skillset teachers will primarily be focusing on for each unit.

*Assessment Breakdown/Summary:*

*General Outcome A: Activity – 20% of student grade*

- *Assessed via teacher observation/rubrics, self-evaluations (Grades 5-8) and student performance/demonstration*

*General Outcome B: Benefits Health – 20% of student grade*

- *Assessed via fitness and warmup participation, student questioning, reflections, and self-evaluation*

*General Outcome C: Cooperation – 30% of student grade*

- *Assessed via self-evaluation, reflections, and teacher observation/conferences*

*General Outcome D: Do It Daily! – 30% of student grade*

- *Assessed via self-evaluation and teacher observation/conferences*

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**Contact:**

Please know that every effort is made to provide activities that meet the needs and interests of all students in our PE program. We look forward to working with your children and helping them to become active for life!

If you have any questions, concerns, or success stories, please feel free to email or call me at [apratt@rockyview.ab.ca](mailto:apratt@rockyview.ab.ca)/403-945-4135.

Mr. A. Pratt  
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