



Heloise Lorimer School

6 Kings Heights Drive S.E.
Airdrie, AB T4A 0W6
403-945-4135



Heloise Lorimer School Physical Education Course Outline

We are made to move. Physical activity is vital to the growth and development of both the body and mind. Benefits of regular physical activity include a reduced risk of disease, improved energy, and lower levels of stress. It has also been shown that habits formed during childhood regarding activity can last a lifetime. A strong connection also exists between physical activity levels, wellness, and learning. As such, our physical education program is a pillar of our school-wide Comprehensive School Health approach, which aims to connect the concepts of health and education to promote healthy living while maximizing learning. For more information on Comprehensive School Health, please visit <https://everactive.org/comprehensive-school-health/>

Physical Education Philosophy:

At Heloise Lorimer we believe activity is for all. We strive to promote a love of activity by enabling students to enhance their physical literacy, understanding of physical activity, cooperation skills, and effort levels via learning and developing the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. We do this through a variety of activities including competitive and non-competitive games, traditional team sports, individual pursuits, fitness activities, team building exercises, and more. Our active living weeks, grade level PE field trips, and other activity related programs serve to bolster our repertoire of offerings to our students.

Through enjoyable participation, our program will deliver direct activity time and will help students develop the confidence and competence they need to stay active for life. We know our students come to us with different experiences, interests, and existing knowledge and skillsets. As such, we do our best to individualize and personalize each student's experience to maximize personal growth and development.

We believe students should be in control of their own bodies. As such, they will never be forced, but always encouraged, to participate. We believe that by doing this, we help students learn to take small, smart, and safe risks to find their "just right" level of challenge. This will allow them to feel success and begin to identify their passions and interests, evaluate their physical abilities, and formulate personal health and fitness goals during school and 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.*

To be successful in PE students must:

- *Attend class: regularly and on time.*
- *Be prepared: wear appropriate clothing/footwear and complete daily warmups.*
- *Meet class expectations: be respectful, participate daily, cooperate with others, challenge themselves, stay safe, and demonstrate an understanding of the benefits of physical activity.*
 - *Work hard: use effort, focus, and attention.*
- *Demonstrate a good attitude: show sportsmanship and interact positively with and show respect for self, others, equipment, the environment.*
 - *Listen carefully: follow instructions, routines, and safety protocol.*

Fitness:

Students will regularly be engaged in age-appropriate fitness activities including aerobic and anaerobic training (Ex. beep tests). Our objective is to help students experience all elements of functional fitness (endurance, strength, flexibility, and cardio-vascular training) that will help them to become active for life. At times, these fitness activities will be incorporated into student grades. Fitness related activities will occur during warmup and throughout the year in various themes and activities.

Clothing and Knights Spirit Wear:

To ensure safe participation, all students are encouraged to remove jewelry and accessories, tie back long hair, and wear appropriate clothing for physical activity, including footwear. Examples include shorts/sweats/track pants without pockets or belt loops, t-shirt/athletic shirts, and non-marking, closed-toed runners. When outdoors, students are expected to dress for the weather and activities will be planned accordingly. Examples include snowpants, gloves/mitts, toques, etc. Layers are key to success when dressing for the weather. For more information, visit <https://activeforlife.com/how-to-dress-for-the-weather-in-every-season/>



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We encourage our students to wear Knights spirit wear 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/> via the home page or the P.E. page. A variety of clothing options are available. Some items can be customized.

Absences and Injury:

Parent notification (via email) is required for students to be excused from participation in class. Excused students are expected to participate with appropriate modifications in whatever way possible (assisting teachers, scorekeeping, throwing but not running, etc.). Please note that being busy due to extracurricular activities, tutoring, and/or other school work are not acceptable reasons for being excused from class. We value your child(ren)s health and want to ensure they use this activity time as productively as possible.

Supplementary Programs and Teams:

PLEASE NOTE THAT ACTIVE LIVING WEEKS, GRADE LEVEL PHYSICAL EDUCATION FIELD TRIPS, INTRAMURALS, AND KNIGHTS CLUB MAY BE MODIFIED/CANCELLED DUE TO CHANGING COVID 19 PROTOCOLS

Throughout the year, students in each grade will be participating in some off-site activities in alternative environments as part of the curriculum. These activities include, but are not limited to, active living week(s), grade level physical education field trips, in class programs (Ex. Dance residencies), and community activities (Ex. Orienteering). 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 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.**

During some school years, students also have the option to enrich their physical education experience through participation in intramurals. Grade 5 students can also volunteer to join the “Knights Club” which aims to further develop teamwork and leadership through assisting with gym duties and school events (Ex. The Terry Fox run).



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Evaluation and Assessment:

There are 10 core outcomes outlined for the physical education based on the Alberta curriculum. These outcomes include movement and manipulative skills, knowledge and understanding of the concepts and benefits of physical activity, attributes associated with cooperation, and strategies that help students stay active daily (and for life). **All outcomes are assessed on a scale from Limited (still needs a lot of help with the selected outcome) to Mastering (consistently able to demonstrate the selected outcome in all tasks independently).** Every effort will be made to provide monthly feedback for each student.

All physical education classes at Heloise Lorimer School will be evaluated using the following categories:

- *Activity: Students display skill and actively engage in classroom activities.*
- *Benefits Health: Students strive to increase personal abilities and their understanding of the benefits of activity.*
- *Cooperation: Students display cooperation and demonstrate sportsmanship.*
- *Do it Daily: Students develop and take responsibility for the knowledge, skills, and attitudes needed to become active for life.*

Forms of evaluation typically include but are not limited to:

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

As our primary focus in physical education class is to help students develop a love of activity so they can lead active, healthy lifestyles, learning outcomes related to student participation, effort, safety, teamwork, communication, leadership, and fairplay are our highest priorities. **In each theme, teachers will assess 1-2 of these “cooperation” and “effort/safety” outcomes.** As these marks make up the largest percentage of student grades, if they participate according to expectations, all students are more than capable of achieving success in physical education class, regardless of athletic ability. These outcomes will be assessed both formatively (a current and ongoing snapshot of performance that is reflected upon at a later date) and summatively (a definitive grade based on current performance that will impact final grades).

Students will also be assessed based on their ability to meet outcomes linked to fundamental movement and manipulative skills (Ex. throwing, running, jumping) and their application. Improvement within a theme will be considered and will positively impact student grades. As most activities involve more than one skillset, students will be informed which skillset teachers



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will be primarily focusing on for each theme. These outcomes will typically be assessed summatively (a definitive grade based on current performance that will impact final grades), with some exceptions.

Finally, students will be assessed on their knowledge and willingness to experience and appreciate the health benefits that result from physical activity, as well as goal-setting outcomes. Grades for these outcomes will be entered throughout various themes and will consider warmup and fitness related activities, as well as questioning and conversations with students. These grades will typically be formative and marked as “collected” instead of formally graded, with some exceptions.

The following are common examples that result in deductions to grades:

1. *Refusing to participate and/or poor effort (lack of engagement).*
2. *Not wearing appropriate clothing (if it influences participation).*
3. *Failing to complete or put forth a good effort during warmup.*
4. *Misuse of equipment and/or a lack of consideration for safety.*
5. *Failure to follow instructions properly and/or distracting peers/teacher.*
6. *Irresponsible and/or inappropriate behavior or communication including disrespect, foul language, put downs, poor sportsmanship, and pouting.*

Assessment Breakdown:

At the end of the school year, a final grade will be determined for each student based upon an average of all of the formative and summative assessments from all themes throughout the year. Final grades are based upon the weighting structure below and are intended to demonstrate where students are currently at (not where they were at the start of the year). As such, teacher professional judgement considering all outcomes assessed throughout the year as well as students current performance and level of improvement will be heavily considered when determining the final grade (Ex. A grade for cooperation in June is more likely to impact a final grade than a grade for cooperation in September as it is more reflective of current performance).

- *General Outcome A: Activity – 20% of final student grade*
• *Assessed via teacher observation/rubrics and student performance/demonstration*
- *General Outcome B: Benefits Health – 20% of final student grade*
• *Assessed via fitness and warmup participation, student questioning, and reflections*
- *General Outcome C: Cooperation – 30% of final student grade*
• *Assessed via teacher observation/rubrics and student performance/demonstration*
- *General Outcome D: Do It Daily! – 30% of final student grade*
• *Assessed via teacher observation/rubrics and student performance/demonstration*



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Contact:

We look forward to working with your children and helping them to become active for life! If you have any questions, concerns, feedback, or success stories, please feel free to email or call anytime at apratt@rockyview.ab.ca/403-945-4135 ext. 3559.

Mr. Adam Pratt and the Physical Education team