



GEORGE MCDOUGALL HIGH SCHOOL

Physical Education Program Grades 10– 12 2023

A. AIM OF PHYSICAL EDUCATION: The aim of the McDougall physical education program is to enable individuals to develop the knowledge, skills, and attitude necessary to lead an active, healthy lifestyle.

B. OUTCOMES

- Students will acquire skills through a variety of developmentally appropriate movement activities.
- Students will understand, experience, and appreciate the health benefits that result from physical activity.
- Students will interact positively with others.
- Students will assume responsibility to lead an active way of life.

Each general outcome includes specific outcomes by grade. Students are expected to demonstrate these outcomes, to the best of their ability, by the end of the course.

C. PHILOSOPHY OF PHYSICAL EDUCATION

Physical activity is vital to all aspects of normal growth and development and the benefits are widely recognized. The physical education program is designed for a wide range of student abilities and interests and consists of a variety of activities.

The program strives to provide opportunity for each student to achieve success. A variety of learning experiences are offered to meet individual interests and differences.

Opportunities are provided to help students maintain physical fitness and develop the desire for lifelong participation in physical activity.

The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life.

D. DIMENSIONS OF PHYSICAL EDUCATION

The following are the 5 dimensions of the physical education program:

1. Individual activities
2. Team games
3. Aquatics and outdoor pursuits * (field trips to Genesis offered)
4. Dance
5. Types of gymnastics

E. EVALUATION [L] [SEP]

PE10

- **Skills 20%**
 - o Sport specific skill assessments, dance & game creation.
- **Attitude/Participation 70%**
 - o Gym strip, effort, sportsmanship & cooperation.
- **Benefits Health 10%**
 - o Fitness testing, body image & effects of supplements.

PE 20/30

- **Skills 20%**
 - o Sport specific skill assessments, dance & game creation.
- **Attitude/Participation 60%**
 - o Gym strip, effort, sportsmanship & cooperation.
- **Benefits Health 10%**
 - o Fitness testing, basic first aid, workout creations & importance of warm up/cool down.
- **Written Tests 10%**
 - o Badminton, Basketball, Volleyball rules, Fitness (TBD)

**** Students who miss a quiz, fitness testing, or skill testing in PE and do not make it up in their teachers proved window (usually 1 week), can make it up in reassessment time at the end of the semester and will at most receive an omit****

****Missed classes cannot be made up for students' participation grades****

F. SCOPE AND SEQUENCE: An outline and schedule of all activities to be studied will be posted on the bulletin boards at the main and aux gym entrances. The course outline and review notes for written exams will be available online via the class google classroom page.

G. EXPECTATIONS: Students are expected to follow all program guidelines and to be respectful, co-operative, positive, considerate and show good sportsmanship. Attitude, effort, co-operation, and an appreciation for active living are the most important attributes in physical education. Students are marked daily therefore regular attendance is crucial to being successful in Physical Education class.

Students are expected to arrive on time, change, and participate in each activity. Notes exempting a student from participation will only be accepted from a parent (within reason), doctor, or guidance counselor.

H. GUIDELINES

1. Students must be dressed in proper gym strip for all classes. **We do not want to see bras, bums, bellies, or backs.** Gym strip can be purchased from the business office or online via the Mustang Store. Gym shoes must tie up and have non-marking soles. Alternate, clean gym strip is available to borrow. If a student refuses, they will receive a zero for the day.
2. Jewelry should not be worn in class. This includes earrings, watches, bracelets, necklaces, and rings.
3. Frequent absences (excused or unexcused) WILL have a negative impact on your final mark. **PE is an activity-based course therefore missed classes/activity marks will not be made up. High absence records may result in failure of the course regardless of current course marks.** If you are going to be away for a vacation, please talk to your teacher about required forms and ways to make up missed marks.
4. Cell phones and ear buds should not be brought to or used class
5. Students are to leave all valuables in their school lockers, not in the change room. Money, phones, and other valuables must not be left in the change room. Teachers are not responsible for

items that go missing from the change rooms and they will not hold them for you.

6. Students are to be on time for all classes. Lates will result in a lower mark for the day.
7. As there are two or more classes scheduled at the same time students need to check the weekly schedules to see where their class meets.
8. When engaging in any activity students must follow proper safety procedures as outlined by teacher or risk sitting out with a deducted grade.