



**Course:** Physical Education 8

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**Reporting Procedure:**

- Ongoing progress is available on MyEdbc and google classroom
- There will be a minimum of 2 Ongoing Communications of Student Learning per semester
- At mid-course, there will be a Progress Report
- There will be a formal, Summative Report at the end of the course

**Assessment:**

- The new Ministry of Education Assessment and Reporting Order has changed the way we report to parents. We will now be communicating *with* parents rather than reporting *to* parents. Students will be assessed on the following levels of competency at grade level:

<b>Emerging</b>	<b>Developing</b>	<b>Proficient</b>	<b>Extending</b>
<b>To acquire knowledge, skills, strategies and processes.</b>	<b>The ability to apply knowledge, skills, strategies and processes.</b>	<b>Knowledge, skills, strategies and processes consistently.</b>	<b>Knowledge, skills, strategies and processes creatively and strategically</b>
<b>Student has an initial understanding of grade-level expectations</b>  <b>Shows evidence that learner can demonstrate some progress towards the learning standards</b>	<b>Student has partial understanding of grade-level expectations</b>  <b>Shows evidence that learner can understand the learning standards in basic familiar situations</b>	<b>Student has a complete understanding of grade-level expectations</b>  <b>Shows evidence that learner can transfer understanding of the learning standards to both predictable and new situations</b>	<b>Student has sophisticated understanding of grade level expectations</b>  <b>Shows evidence that learner can insightfully and creatively apply an in-depth understanding of the learning standards in complex situations</b>

**BIG IDEAS:** *Students are expected to understand the following:*

1. **Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.**
2. **Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.**



## **CURRICULAR COMPETENCIES:**

*Students are expected to be able to do the following:*

### **Physical literacy**

1. Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments
2. Develop and apply a variety of movement concepts and strategies in different physical activities
3. Apply methods of monitoring and adjusting exertion levels in physical activity
4. Develop and demonstrate safety, fair play, and leadership in physical activities
5. Identify and describe preferred types of physical activity

### **Active living**

6. Participate daily in physical activity designed to enhance and maintain health components of fitness
7. Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness

### **Social and community health**

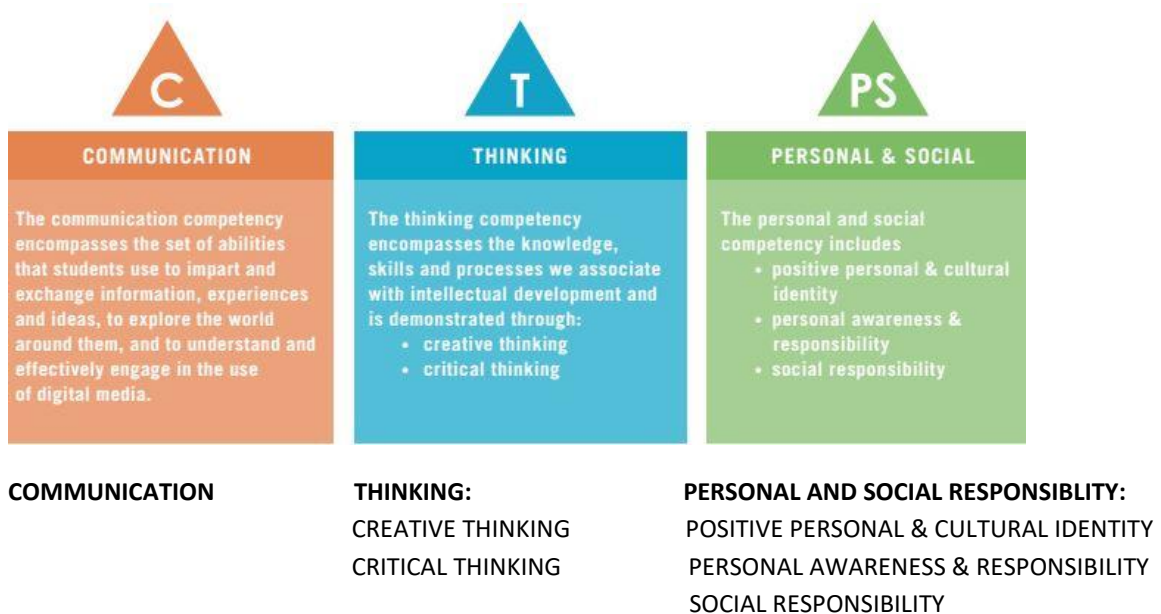
8. Propose strategies for developing and maintaining healthy relationships
9. Create strategies for promoting the health and well-being of the school and community

**CONTENT:** *Students are expected to know the following:*

1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills
2. movement concepts and strategies
3. ways to monitor and adjust physical exertion levels
4. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games
5. training principles to enhance personal fitness levels including the FITT principle, SAID principle, and specificity
6. effects of different types of physical activity on the body

## CORE COMPETENCIES:

Students will be accessing the Core Competencies in all their curricular areas. They may be self-assessing the Core Competencies on their Ongoing Communications. Summative reports at the end of the course will report that the student has engaged in this self-assessment.



## WALK/RUN PROGRAM

The PE department is working with students to improve cardiovascular fitness and to help them plan and achieve their fitness goals. The walk/run program challenges students mentally and physically to strive for their personal best. Students learn the importance of self-discipline, progression, hard work, personal pacing and heart rate monitoring while working towards the goal of learning to run 5 km.

All Physical Education students will participate in a walk/run program culminating with **Halloween Hustle 5 km Fun Run at Westwood Lake**. This 13-week program will challenge students of all ability levels. At times students in this class will be using heart rate monitors as a training aid. Throughout the semester students will leave the campus to participate in lessons on running safety, running technique, different terrains plus hill and pace training.

## SAFETY AND ETIQUETTE RULES

The use of **cell phones; earbuds or any other electronic devices are strictly prohibited in class and on walk/runs** as students cannot hear or are distracted thus putting them in possible dangerous situations.

### **When running off campus, students must:**

1. Run/walk on the sidewalk where possible - NOT THE ROAD!

2. Run/walk no more than two runners side-by-side
3. Run/walk on the left hand side of the road facing the traffic when there are no sidewalks
4. Run/walk with a buddy and only on designated running routes and designated trails!
5. Respect the rules of the road, all vehicle traffic, designated cross-walks and obey all traffic/walk signals and signs and look all four ways and making eye contact with drivers to make sure they see them and are stopped before crossing streets or intersections
6. Be respectful of noise levels in the community and stay off private property
7. Communicate clearly with other run/walkers about approaching vehicles, pedestrians and all potential hazards

STUDENT SUPPORT:

Counseling: A-J – Ms. A. Teacher    K-R – Mr. B. Teacher    S-Z – Ms. C. Teacher  
 Academic: Study Buddies: Tues/Thurs 3:30-5pm  
 Aboriginal Support: Mr. D. Teacher (Room Number)

***PLEASE CHECK THE APPROPRIATE SPOTS AND SIGN BELOW***

***AND THEN PLEASE CUT OFF THIS PORTION AND RETURN IT TO YOUR CHILD'S  
 PHYSICAL EDUCATION TEACHER***

\_\_\_\_ I have read the course outline above and understand the expectations for my child

\_\_\_\_ I give permission **or** \_\_\_\_ I do not give permission

for \_\_\_\_\_ (please print your student's name)

to participate in all PE activities off school site even when school bus transportation is required.

Name of Parent/Guardian \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Any medical conditions or medical alerts: \_\_\_\_\_

Student's Medical Number \_\_\_\_\_

Emergency Contact Person and Phone # \_\_\_\_\_