



McCreary School
Physical Education – Course Outline

Mrs. Sellman

PREREQUISITITES

None

REQUIRED MATERIAL

Students will require appropriate gym attire (see info below), binder, paper, and a pen. Teacher will be following Manitoba Physical Education Curriculum for both Health and Activity portions of this course.

COURE DESCRIPTION/OVERVIEW

The Physical Education course at McCreary School is designed to fulfill the growth, developmental, and behavioral needs of each student through the medium of physical activity and movement. Emphasis is placed on involvement and the opportunity for each student to build, cultivate and maintain a strong and active mind and body through participation in the various activities.

EVALUATION

80% of the course will be graded using the following requirements. Both the teacher and the student will evaluate the students' performance in the following outcomes. This will be entered as a mark out of 100, and be cumulative throughout the year. Students cannot rewrite tests. Students will receive both a percentage and a 1-4 on their report card.

*General Student Learning outcomes of Physical Education (How they are marked)
Is based on my observations on a daily basis.*

1. **Movement:**
The student will demonstrate competency in selected movement skills, knowledge of movement development and physical activities, with respect to the different types of learning experiences, environments and cultures.
2. **Fitness Management:**
The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.
3. **Safety:**
The student will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity and in daily living.
4. **Personal and Social Management:**
The student will demonstrate the ability to develop self-understanding, make health enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

Students will also be given assignments/tests to compete as part of their health components in Physical Education. Health marks will be worth the following:

7/8 Physical Education and Health Education-0169

2024/2025

20% of their final mark

It will include topics in the following units:

- Personal Health Practices
- Active Living
- Nutrition
- Substance Use and Abuse Prevention
- Human Sexuality
- Application of Decision-Making/Problem-Solving Skills

Students will also be evaluated using rubrics that may include the following areas:

- Student Self Evaluation
- Peer Assessment
- Skills Checklist
- Teacher Observations

TIMELINE

DATE	THEMATIC UNITS
Sept/Oct	Safety/Soccer/CrossCountry
Nov/Dec	Volleyball/Health/Dance
Jan/Feb	Health/Basketball
March/April	Badminton/Low Org Games
May/June	Track and Field/Baseball

Late Policy

Incomplete work and late assignments may be deducted in marks, as per McCreary School's late policy, developed in accordance with the Provincial Assessment Policy.

The guidelines for late assignments are as follows:

1. Teachers will set and communicate reasonable timelines for assignments
2. Teachers will share timelines and reminders with students through various formats (ex. course outline, email, post in classroom, etc.)
3. Teachers will assist students to meet timelines – monitor progress, check-ins
4. Students who struggle will require additional support from the teacher
5. Extensions will be granted at the teacher's discretion, for valid and legitimate reasons only (ex. Illness)
6. Teachers will communicate with parents or set up parent/teacher/student conferences to discuss late / incomplete assignments
7. Teachers will make an arrangement with student to complete the work
8. Teachers will create alternative assignments for diverse learning needs

Where the above guidelines have been followed and assignments are not fully completed or handed in by the given due date, a deduction in marks will apply. Upon teacher discretion a maximum of 5% may be deducted for every day the assignment is not turned in. If the

7/8 Physical Education and Health Education-0169

2024/2025

assignment is not turned in after two weeks or at the start of a new unit, the assignment will receive a mark of **zero**.

Student Attendance

Consistent attendance and active participation in Physical Education allows me, the instructor to make an accurate assessment for your son/daughter. With this in mind, students are required to take an active role in all class activities. Failure to do that will result in the instructor not being able to assess the student. If the student is in school then they should be active in P.E. class. Please advise me of any conditions that may override the student's participation. There will be a special emphasis on active participation as well as respectful and responsible behaviors towards fellow students and staff.

Student Dress Policy

All students must have gym shorts, t-shirt, or sweat pants, sweat shirt, socks and gym shoes. No cut off jeans, **spaghetti straps**, **short shorts**, skirts, boots, hiking boots, street shoes, sandals, or shoes with a heel will be allowed. **Hair that is long enough to put in a ponytail will be required to be tied back.** Please bring deodorant and leave it in your gym bag in case you need it after class. Showers are available if desired. Failure to have the necessary gym attire will make it difficult for the student to earn marks in Physical Education. For Outdoor activities, clothing that is appropriate for the weather is mandatory or you will not participate, thus not receive a mark. A strong emphasis will be placed on students coming prepared for class.

Personal Items

Jewelry, Money, **Cell phones**, **tablets**, Cameras, etc are to be left in your locker or at home. Jewelry may cause injury during activity or could become damaged. Any items that are lost, damaged or stolen are on you the student, not the physical education staff. All you need is clothes, runners and a pen or pencil. **THERE WILL BE NO TOLERANCE FOR CELLPHONES AND CAMERAS IN THE CHANGE ROOMS DURING SCHOOL OR AT AFTER SCHOOL SPORTS!**

Class Dismissal

I will give you 5 mins to change to go to your next class. If you intend on showering, please let me know as soon as possible, and I will allow more time for you get ready. Once you are changed you may line up quietly inside the gym doors to be dismissed. **NO ONE** is to leave the gym before I check to ensure equipment is put away and dismiss you as a class.

EXTRA HELP

Extra help is available if and when you need it. I am usually available at lunch, and before or after school. Please let me know if you are planning on coming in, so that I know to be in the classroom.

CONTACT INFORMATION

Teacher: Mrs. Sellman

Email: jsellman@trsd.ca

School Phone: 835-2083

7/8 Physical Education and Health Education-0169
2024/2025

Please cut off and return only this last page.

Parent Signature

Date

Questions/Concerns and any useful information about your child:
