

Brookside Junior High

Physical Education

<b>Contact</b>
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<b>Course Information</b>

## Physical Education

Our Physical Education department believes that physical education is an essential part of your child's scholastic experience. The goal of our program is to expose students to a variety of experiences that encourage them to develop an appreciation for physical activity and its many health-related benefits. Students will participate in individual and group activities, alternative environment activities, cooperative games, gymnastics, and sport experiences. Physical literacy will be demonstrated by acquiring the necessary knowledge, skills, and attitudes to engage in purposeful physical pursuits. When children adopt healthy habits and behaviours at an early age, they are more likely to continue these behaviours into adulthood.

In addition, there is significant research supporting the benefits of physical activity in relation to the brain and mental health. Children who meet the daily recommended amount of physical activity are more likely to experience positive psychological, social, cognitive health outcomes. Given the current circumstances related to the Covid-19 pandemic, student engagement in physical education will be even more important.

Students must be properly dressed with appropriate PE attire on days in which PE is scheduled. Running shoes, shorts or sweatpants or active wear pants, and t-shirt. Students should be prepared for both indoor and outdoor activity. If the weather permits we will be going outside and utilizing our outdoor space as much as possible. This includes being appropriately dressed according to the weather conditions. Students who are unprepared will still be expected to go outside and participate.

## Assessment and Evaluation

*When determining a students' final grade:*

*Students will be evaluated on a daily basis using a 1-2-3-4 scale., in which students will be observed based on: Preparedness, Warm-up, Effort (Listening, Attitude, Fair Play) and Active Participation*

*Students will also be assessed through skill development, quizzes, and assignments throughout the year*

*Students will have many opportunities to demonstrate completion of outcomes throughout the year. Learning trends over time will be considered, more recent student work and the teacher's professional judgement*

## Communication

The Physical Education Department will use a variety of methods to communicate student achievement throughout the school year.

- ✓ PowerSchool (Gradebook)
- ✓ Email or Phone
- ✓ Report Cards

## **Expectations**

### **BE RESPECTFUL**

Self, Others, Environment/Equipment

### **BE PREPARED**

Wear a mask, appropriate clothes and footwear

(NO jeans, flip-flops, boots, tank tops etc.)

### **PLAY SAFELY & FAIRLY**

Listen to and follow instructions & rules

### **TRY YOUR BEST**

Demonstrate positive attitude and behaviour

**No CELL PHONES, NO FOOD or DRINK**

Leave all belongings and valuables in classrooms. Only water is permitted in the gymnasium.

### **Student Excuses**

In previous years, we have experienced many notes excusing student participation for minor reasons such as sore ankle, sore arm etc. As a parent/guardian, please be selective when providing written excuses for your child. **If a student is well enough to be at school or participating in outside physical activities ( i.e. hockey game , football practice, dance competition), they should be well enough to participate (even moderately) in all subject areas, including physical education.**

In the event that a student cannot participate in class (i.e. severe physical injury), a written note from parents or guardians, doctor or physiotherapist **MUST** be provided. Again, parents/guardians should communicate the extent of injury and restrictive measures in place. This can also be communicated through email or by phone (voicemail). This will ultimately ensure the safety of the student and their ability to meet the outcomes.

In the event of any major injuries (i.e. broken bone, surgery etc.) please provide a medical timeline for your child's return to participation in physical education. Students will be provided with alternative assignments in order to meet outcomes.

### **Equipment Needs**

Shorts, Sweats, Track Pants, T-Shirt (long or short sleeve), outdoor wear, jacket or coat or sweater, water bottle, deodorant (No sprays, perfumes).

### Healthy Living Curriculum (Grade 9)

Students will discuss and explore topics related to healthy self, healthy relationships and healthy community. Students will have an opportunity to express their ideas and discuss these topics through a variety of expressions such writing, verbal and artistic expression. Students should feel comfortable and respected by their peers when in classroom discussion on the above topics. Negative talk and or behavior will not be tolerated.

Click on the link below to view the grade 9 Healthy Living Curriculum

<https://curriculum.novascotia.ca/sites/default/files/documents/outcomes-indicators-files/Healthy%20Living%209%20Foundational%20Outcomes%20%282020-21%29.pdf>