BURNABY CENTRAL ATHLETICS
HOME OF THE WILDCATS

BURNABY CENTRAL PHE 9/10 LEADERSHIP COURSE

Physical & Health Education (PHE) Mission Statement:

To encourage and enable all learners to enhance their quality of life through active participation and promote lifelong fitness habits.

PHE Leadership Goals:

The PHE Leadership Program at Burnaby Central reflects the belief that students want to become meaningfully involved in the school community. Our course is also based on the concept that leadership can be developed in a variety of school areas, both curricular and extra-curricular. In addition to the curricular competencies outlined in the PHE 9-10 course, PHE Leadership students will hope to achieve the following:

1. **Develop personal leadership skill that you can use throughout your lifetime.**
2. **Help you work effectively with others as a leadership team.**
3. **Have a positive influence in your school and community by assisting our Athletic Program.**
4. **Help you plan and operate more effective events and extra-curricular activities.**
5. **To have fun!!**

Course Organization:

In addition to the regular activities of a PHE 9/10 class, students are asked to provide service to our school community in the following activities:

- Assist as minor officials (score/time keep) or referee for school extra-curricular activities/community events (see schedule below)
- Assist in the planning and promotion of school tournaments/events

Semester 1	Semester 2
• Volleyball Season (Soccer/X Country) • Basketball Season • Gr. 7 Volleyball Play Day (tba) • Terry Fox Run • Social Media Projects	• Basketball Season • Volleyball Season (Soccer/Track & Field) • Intramurals& Gr 7 Basketball Playday • Athletic Banquet & Social Media

Course Requirements:

1. **An open mind and a willingness to learn and be challenged**
2. **Regular attendance in all classes**
3. **Follow school code of conduct at all activities/events**
4. **Participation and Commitment to PHE leadership activities**

Evaluation:

1. **PHE Class - Self/Teacher Evaluation** **80 %**
2. **Service Hours (minimum 20 hours)** **20 %**
   a. Service Hours from other school activities can make up half of requirement if needed
3. **By completing class service hours, students can obtain the following:**
   b. **School Athletics T shirt (20 Hours)**
   c. **School Athletic Service Award (Gr. 9 = 25 hours, Gr. 10 = 30 hours)**
   d. **School Athletics Hoodie (40 Hours)**

Follow US @bbycentral_athletics

BURNABY CENTRAL ATHLETICS
HOME OF THE WILDCATS

PHE 9/10 Leadership Expectations

1. **Represent yourself, the class and our school to the best of your ability**
    a. **Three Key Concepts that each PHE Leadership Students should always be working on: WORK ETHIC, CHARACTER, COMMITMENT, RESILIENCY**
    b. When scorekeeping or refereeing, remember you must portray yourself as neutral (it is still ok to cheer and support your team, but you must be fair)
    c. If you sign up to ref, score or time keep for a game and cannot make it, you are responsible for finding a replacement
    d. **Always follow the school code of conduct; No phones/eating please during game!**
2. **Help with court set up and takedown before and after your game; set up…**
    a. Team benches with coach's chairs
    b. For volleyball: Score table/chairs (gym/closet), Flip cards (equipment room), Scoresheet (extras available in equipment room/PE office), Volleyball standards, nets, antennas
    c. For Basketball: Score table/chairs (hallway/closet), Score clock (equipment room), Score sheet (extras available in clock case/PE office)
    d. Please help return all equipment to proper place
    e. Return scoresheets to coaches and keep master copy (leave in book/return to PHE office)
    f. If possible, wear your class t shirt when score keeping
3. **Keep track of your service hours**
    a. Use your phone or back of self-evaluation form
    b. You will need to provide an update at end of each term

Why Service and Scorekeeping is Important?

1. Learn new skills; apply them in real life scenarios.
2. Learn how to deal with challenging situations.
3. Make important connections with the school community (coaches, athletes, officials).
4. Provide a valuable service to your school.
5. Learn how to work as a team.
6. Build your volunteer and leadership experiences for future resume, scholarship applications, etc.

"We make a living by what we get. We make a life by what we give." -Winston Churchill

"Your rewards in life will be in direct proportion to the value of your service to others."
-Brian Tracy in the 100 Absolutely Unbreakable Laws of Business Success

Follow US @bbycentral_athletics