

# DAVID THOMPSON PHYSICAL EDUCATION DEPARTMENT

## Information to Students and Parents

Physical Education is an integral part of the total education process. Students who participate in regular physical education enjoy enhanced memory & learning, better concentration, and increased problem solving abilities.

The AIM of physical education is to enable all learners to enhance their quality of life through active learning.

### GOAL

- To develop knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live an active healthy life style.

This goal will be met by a variety of activities from each grade specific curriculum. Teachers may enhance activities by bringing in special instructors and/or taking students on field trips.

### POLICIES and EXPECTATIONS

#### 1. PE STRIP

- PE strip is required to participate in ALL gymnasium related activities
- To maintain good hygiene habits, it is essential that PE strip be different from clothes worn to other classes.
- Each student is required to have the following:
  - Short -sleeve or long-sleeve T shirt
  - Shorts
  - Socks
  - Proper running shoes (clean soles)

Students have the option of purchasing DT gym strip (T-shirt and shorts)

- Thin-soled leisure shoes, jeans, tank tops and clothes with questionable designs or slogans are inappropriate for PE classes. Students' clothes must be appropriate for prescribed activities and not be a distraction to others.
- Students who arrive without strip will be marked "no strip" and will not participate in class activities and in addition, will lose marks.
- Students must be prepared with appropriate outdoor attire when activities take place outside the gymnasium (light jacket, hat etc).

## 2. MEDICAL EXCUSES, NOTES, ABSENCES

- All students are expected to participate in physical education classes. A note from a parent/guardian may exempt a student from participation over one class or a short period. For exemption over a longer period, a doctor's certificate is necessary. This note should include length of time the student should be excused from participation and recommendations for alternative activities that the student may participate in. Students exempt from participation may be asked to complete special assignments and projects that will be evaluated for marks.
- Notes from home should be dated, they should explain the specific injury or exemption. These notes must be written and signed by the parent/guardian. **STUDENTS WITH EXEMPTION NOTES MUST STILL BRING PE STRIP IN CASE A MODIFIED PROGRAM CAN BE ASSIGNED.**

## 3. GENERAL POLICIES

- **Lockers** – these are for use during PE class only. Please lock your belongings in a locker (students will have to share). **DO NOT** leave belongings out in the changing room. Valuables should not be brought to class as locker security cannot be guaranteed.
- **Safety** – this is everyone's responsibility. Play should be active but safe. Horseplay or endangering the safety of others will not be tolerated.
- **Leaving class** – students may not leave class without the teacher's permission. Students are required to have a hall pass if they must leave during class time. At the end of each class, students must remain in the GYM AREA until the bells rings for dismissal.

## EVALUATION

REGULAR ATTENDANCE AND ACTIVE PARTICIPATION ARE PREREQUISITES TO RECEIVING CREDIT FOR ALL PE COURSES.

To determine student marks, the following curriculum organizers will be used:

Personal and Social Responsibility	45%
Movement	20%
Active Living	15%
Personal and Health related Fitness	20%