

GCMS Physical Education Outline

Physical Education Instructors:

Mr. Granley (PE Lead & Athletic Director), Ms. Wolitski, Mrs. White, Mrs. Nicholls, Ms. Murphy, Mr. Kolody, Mr. Pechtel, Mrs. McCulloch, Mr. Jasper-Fayer

Your child will participate in dance, games, gymnastics, individual physical activities, and activities outside of school, such as outdoor pursuits. Through active and safe participation, they will understand what an active lifestyle involves and how their physical and emotional health will benefit from physical activity. Your child will also discover how positive interactions, through fair play, leadership, and teamwork, make physical activity more fun and productive.

For more information, refer to the [Program of Studies](#).

The aim of the Physical Education program is to enable students to develop the knowledge skills and attitudes necessary to lead an active, healthy lifestyle in a fun environment.

For our Grade 5 & 6 students the mark for Physical Education is combined with Health is a PE/Wellness Mark (PEW). The Wellness mark will be 30% of the total grade and the PE mark will be 70% of the total grade. For Grade 7-9 students Physical Education and Health are marked separately.

| <u>ASSESSMENT (See Rubric)</u> | <u>STUDENT EXPECTATIONS</u> |
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| <p>General Outcome A: Acquiring skills 25%</p> <ul style="list-style-type: none"> skills, application of skills <p>General Outcome B: Benefits Health 25%</p> <ul style="list-style-type: none"> fitness, wellness, understanding benefits of physical activity <p>General Outcome C: Cooperation 25%</p> <ul style="list-style-type: none"> fair play, team work, leadership, personal responsibility <p>General Outcome D: Do it Daily/ Participation 25%</p> <ul style="list-style-type: none"> participation, effort, assuming responsibility to lead a active lifestyle | <ul style="list-style-type: none"> ❖ We encourage everyone to change into Physical Education Attire. Clothing should be comfortable and allow the student to participate fully. Shorts or sweatpants and T-shirts/sweatshirts are examples of appropriate clothing. ❖ Athletic shoes are required. Flip flops, dress shoes, slides, crocs and boots are not appropriate for physical education. ❖ No food or drink in the gym or change rooms. ❖ DO NOT LEAVE VALUABLES IN THE CHANGE ROOM. The school is NOT responsible for lost or stolen items. ❖ No electronic devices in the gymnasium. We will play really great music for classes! ❖ Students will be given 5 minutes at the beginning and end of class to change. ❖ Students need to be respectful of their teachers and peers, including their actions and communication. ❖ Students must conduct themselves as outlined in the student handbook. |