



# Physical Education – Course Outline

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## Grade 6 - Mrs. Sellman

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.

### *General Student Learning outcomes of Physical Education (How they are marked)*

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:

### **15% 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

### *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**, MP3 Players, **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!

### *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.

Please cut off and return only the bottom portion.

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Parent Signature

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Date

Questions/Concerns and any useful information about your child:

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