Physical Education and Health Handbook

PE STAFF
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INSTRUCTIONAL PROGRAM - PHYSICAL EDUCATION / HEALTH

General Outcomes of the program include:
   A - Activity
   B - Benefits Health
   C - Cooperation
   D - Do it Daily… for life!

AB Ed. General overview of programs
http://www.learnalberta.ca/content/mychildslearning/

AB Ed. PE Program of Studies K-9

AB Ed. Health Program of Studies K-9
https://education.alberta.ca/media/313382/health.pdf

@ Wilma Hansen PE ACTIVITIES TO BE INCLUDED (but not limited to):

FITNESS – Circuit training, fitness awareness, weight training, aerobics, sports medicine and fitness testing.

OUTDOOR ACTIVITIES – Soccer, flag football and rugby, softball, track and field, lacrosse, animal game, ultimate, ball hockey, and low organized games.

TEAM SPORTS (INSIDE) – Volleyball, basketball, team handball, lacrosse, floor hockey.

DANCE – Social dance, line dance, etc.

INDIVIDUAL SPORTS – Badminton, cross country running, combative games, table tennis, archery, orienteering.
P.E. CLOTHING REQUIREMENTS

All students must change for P.E. classes. *(This is mandatory.)*

Appropriate dress is:
- School T-shirt or designated T-shirt
- School shorts or designated shorts
- School sweat pants and hoodie or designated ones
- Athletic socks and shoes (Laced up running shoes)

The P.E. Dept. sells the following.
- School T-shirt (crested) $7.00
- School shorts (for P.E. and team use) $13.00

PE clothing can only be purchased from the PE department and may be purchased anytime throughout the year. Hoodies and sweatpants may be ordered later in the year. Changing for class is Mandatory and parental support is encouraged. Any student who participates on a school team is expected to wear the school shorts and/or shirt.

JEWELERY

Jewelry must not be worn during P.E. class for safety reasons. Each student must take responsibility for locking it up.

ELECTRONIC DEVICE POLICY

*NO Electronic devices are permitted in class !!! (iPods, Cell Phones, etc.)*

ATTENDANCE AND PARTICIPATION

Regular attendance and participation is expected.

EXEMPTION FROM P.E. CLASSES

1. Long Term Exemption
   If a student is to be exempted from class for 1 week or longer then a doctor’s note is required. Alternate work will be assigned to complete marks for that reporting period.

2. Short Term Exemption
   A note from home is to be brought to your teacher explaining what the problem is. Then the teacher will arrange what part of the class that you can participate in and if you should change or not.

NOTE – STUDENTS ARE BE EXPECTED TO PARTICIPATE IN SOME CAPACITY!!
CHANGING TIMES

A maximum of 5 minutes will be allowed at the beginning and the end of each class.

PERSONAL SECURITY

Your name should be on your T-shirt, shorts and runners. If you lose something chances are greater of having it returned if your name is on it.

Lock up your belongings AND do not share your combination with others!!

LOCKS

It is the students’ responsibility to lock up their belongings during class time. The School will provide each student with their own PE locker and lock. There is a $5.00 replacement fee for lost locks.

EVALUATION IN P.E. CLASSES

EACH TERM WILL BE EVALUATED ON THE FOLLOWING STEMS:

1. Performs and refines movement skills.
2. Cooperates to demonstrate fair play and teamwork.
3. Explores and applies strategies for leading a healthy active way of life.

EACH STEM WILL BE ASSESSED WITH THIS FOUR POINT SCALE.

<table>
<thead>
<tr>
<th>Indicator Scale</th>
<th>Scale Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Excellent</td>
<td>The student has demonstrated excellent achievement of grade level expectations.</td>
</tr>
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<td>3 Good</td>
<td>The student has demonstrated good achievement of grade level expectations.</td>
</tr>
<tr>
<td>2 Basic</td>
<td>The student has demonstrated basic achievement of grade level expectations.</td>
</tr>
<tr>
<td>1 Not Meeting</td>
<td>The student is not meeting grade level expectations.</td>
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Students are always expected to do their personal best!
The PE team will accept nothing less than your best!
WH GYM RULES

1. No food or drinks in the locker rooms or gym.

2. Students are allowed in the gym for an activity only if a teacher supervisor is present.

3. All students participating in class or on a team must be changed into gym strip (unless otherwise stated).

4. Everyone participating must have appropriate footwear (running shoes). No shoes that mark the floor, or flip flops, etc.

5. Respect the equipment for its intended use and do not go into the equipment room unless invited to.

6. Respect your environment in all areas of the gym, stage, weight room, etc. This is your space and equipment. Do not litter, pick up after each other and report any damage immediately to your teacher.

7. No electronic devices are allowed in the gym at ANY time.
@ Wilma Hansen HEALTH includes:

WELLNESS CHOICES – (General Outcome) Students will make responsible and informed choices to maintain health and to promote safety for self and others.

- Personal Health
- Safety and Responsibility

RELATIONSHIP CHOICES – (General Outcome) Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

- Understanding and Expressing Feelings
- Interactions and Group roles and Processes

LIFE LEARNING CHOICES – (General Outcome) Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

Learning Strategies, Life Roles and Career Development/ Volunteerism

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**INTRAMURAL PROGRAM (@ lunch)**

Wilma Hansen Intramural Program falls into three categories:

1. Special Events – various events planned for special days or times.
2. Organized leagues – floor hockey, 3 on 3 basketball, volleyball.
3. Drop-in Activities – Badminton, floor hockey, basketball, volleyball.

The program takes place during the noon hour Monday to Thursday. Students should bring their lunch to school on these days, as time is limited. Each grade will have their assigned day, TBA. **The activities will begin 10 – 15 min after the start of lunch. No food or drinks permitted in the gym.**

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**INTERSCHOOL ATHLETICS PROGRAM**

The following sports are included in the Wilma Hansen interschool program.

- Volleyball – Sept. – Nov.
- Wrestling - Oct. – Nov
- Basketball – Dec. – March
- Badminton – March / April
- Track and Field – April / May

There will be a nominal fee for playing on athletic teams this year. The price will vary depending on the sport. The fee covers such things as; refs, transportation for some events, uniform use, tournaments, etc. Calendars for games and practices are posted on the Wilma Hansen website hotlink to Athletics:

[http://schools.cbe.ab.ca/b685/athletics.htm](http://schools.cbe.ab.ca/b685/athletics.htm)