

***MEMORIAL COMPOSITE
HIGH SCHOOL***



***PHYSICAL EDUCATION
HANDBOOK***



Memorial Composite High School

General PE Information



M.C.H.S Physical Education Program

The emphasis in Physical Education is to provide learning experiences that give students opportunities to make positive choices in regard to living an active healthy life style. PE 10 is a compulsory course that further explores activities presented in Junior High School programs, as well as introduces new activities, for example wheelchair basketball and tennis. PE 20 and PE 30 are optional courses recommended for students with a keen interest in Fitness, Outdoor Education and Sport. The goal of every unit is to educate students on the benefits of active living and teach the students the skills required to participate in physical activity for a lifetime. As students' progress through the Physical Education program emphasis gradually shifts from team and individual sports to participation in leisure activities. It is hoped that students participating in the physical education program will continue to include physical activity in their lives.

Throughout each of the three courses, the following objectives are emphasized:

- Respect for themselves and other in the class.
- A realization that fitness and nutrition are responsible for a healthy lifestyle.
- Physical skills enhance one's self image and creates opportunities for enjoyment of recreational activities.
- To increase the knowledge of Physical Education concepts.

Components of a quality physical education program:

- Focus on student learning outcomes.
- Balanced programming including games, types of gymnastics, dance, alternative environments and individual activities.
- Provide a variety of activities with a focus on successful participation, including skill development.
- Provide a high level of activity for all students, including students with disabilities.
- Include sufficient equipment for all students to have hands-on experiences.
- Ensure that all students' needs are met, through levels, choices and variety of tasks.
- Show that fair play and cooperation are encouraged and taught.
- Occurs in a safe, positive environment where all students feel successful.
- No single activity in the program is prescribed; e.g. basketball, cycling.
- Ensure that assessment focuses on the outcomes and is a method to enhance student learning and when possible students identify criteria and are involved in the assessment.

Instructional Program

The instructional program meets the requirements of Alberta Education as stated in the Alberta Secondary Education Guide. The program out-comes also meet the goals outlined in the Alberta Curriculum Guide for Secondary Physical Education. The instructional program has been designed using the success based learning models, combining student centered teaching strategies with the principles of outcome based education and mastery learning. The instruction program focus is on preparing students to live actively.



Course Fees - are required for the various facilities, instructors and transportation needs in each course.

PE 10 3 Credit **\$40.00**
 5 Credit **\$50.00**

- **Swimming, Indoor Soccer, Golf, Wheelchairs, Tae Kwon Do, Aerobics, Hip Hop, and Ice Games.**

PE 20 **\$60.00**

- **Bowling, Driving Range and Rounds of Golf, Aerobics, Wheelchairs, Swimming, Outdoor Education Activities, Tae Kwon Do, Tennis, Ice Games, Curling, and Indoor Soccer.**

PE 30 **\$70.00**

- **Bowling, Driving Range and Rounds of Golf, Swimming, Indoor Soccer, Ice Games, Tennis, Wheelchairs, Mountain Biking, Aerobics, Hip Hop, Yoga, Camping Trip and Curling.**

Cheques can be made payable to Parkland School Division and are collected at the beginning of the semester in the main office of the school.

Facilities

Memorial Physical Education Complex and Fitness Facility, Glenn Hall Arena, Westridge Curling Rink, Stony Plain Outdoor Pool, Stony Plain Golf Course, Stony Plain Tennis Courts, Trans Alta Tri – Leisure Center – Spruce Grove, Ed's West Edmonton Mall, Chickakoo Lake Trails, and YoWoChAs Outdoor Education Center – Fallis.

General Rules and Regulations

- ✓ No spectators are allowed during class time.
- ✓ Students must have teacher supervision to participate in activity.
- ✓ Avoid bringing valuables to PE complex, lock up valuables during class.
- ✓ Students must be changed to participate.
- ✓ No gum chewing during PE activity.
- ✓ Food or drink is not allowed in the physical education complex.
- ✓ Report all accidents and injuries to your teacher.
- ✓ Any medical disabilities as well as any asthma, diabetes, allergies and infections should be brought to your instructor's attention.
- ✓ No cell phones or any other electronic devices are allowed in class.

Equipment Guidelines

- ✓ Do NOT use equipment without permission or without a teacher present.
- ✓ Do NOT enter the equipment room without permission.
- ✓ Report any broken or lost equipment.
- ✓ Abuse or theft of equipment will require full replacement cost by student prior to being readmitted to class.
- ✓ Abuse of physical education complex facilities will result in suspension from the Phys. Ed. Complex and restitution.



Marauder Mondays

Every Monday the Physical Education Staff promote participation in a variety of activities held during the noon hour. Students are encouraged to listen or read the daily announcements for up-to-date Marauder Monday information or they can check out the bulletin board located in the PE complex.

Physical Education Ski Trip

The Memorial Physical Education Staff also provide the PE students with the opportunity to participate in an optional Snowboard/ Ski Trip to Marmot Basin each semester. Any PE students interested in this trip need to listen to the daily bulletin for ski trip information.

Physical Education Attire

All students need to have proper physical education clothing. It is expected that students wear clean indoor running shoes for indoor activities, outdoor shoes for outdoor activities, shorts, sweats, t- shirt, and sweat shirts. Physical education teachers will be advising students to dress for the inclement weather and to also be prepared for changing weather patterns. Teachers attempt to follow the set schedule so students should be prepared with the proper attire.

Assessment-Course Evaluation

Assessment is ongoing and may involve teacher, student or peer direction. The final mark is cumulatively based on the individual unit marks that have been taught. Missed units result in a zero. Students are encouraged to participate in "Torch Days" that are offered during PE classes throughout the semester. "Torch Days" are where multiple PE activities and sports are offered and students may choose the appropriate sport/activity they wish to participate in based on any marks they need to recover for curriculum they missed by being absent. In order to successfully complete PE students must attend regularly and participate actively. Failure to participate or attend may result in loss of credit or withdrawal from the course. Since PE is a participation class attendance is essential. Assessment is based on skill tests, the level of participation, social skills and attitudes reflected by work habits, knowledge and an acceptance of others.

Participation and Attendance

A student who cannot participate in Physical Education for any reason should be aware they are held accountable for each absence they accumulate throughout the entire semester, whether the absence is excused or unexcused. Temporary exemption as result of illness or injury requires a note from a physician or parent, indicating the nature of the injury or illness and time restricted from physical education. A student who cannot take physical education for the remainder of the semester should notify his/her physical education teacher as soon as possible to consider options for successful completion of the physical education course. A student must also attend physical education classes if he/she is attending other classes in the school.

Attendance Guidelines

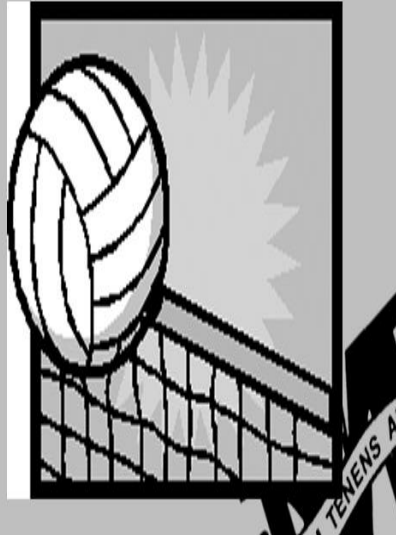
Excused Absences: Are defined by the School Act as absences due to illness, medical/dental appointment, bereavement/funeral, religious holiday, and suspension. Absences resulting from school field trips, extra-curricular activities and counselors or administration appointments are also excused.

Unexcused Absences: Are all absences other than those defined as excused. It is worthy to note that a parent phone call or note does not necessarily make an absence excused.

- ***If students miss material presented in class due to an excused or unexcused absence, it is the student's responsibility to complete the written assignment and hand it in to the PE teacher for evaluation.***

Memorial Composite High School Attendance Action Plan

Number of Unexcused Absences	Action Taken	Responsibility
1 -3	Discuss attendance concerns with student. Contact parent to discuss attendance concerns. In addition to the above the student may be referred to a counselor who would then see the student or contact parent	Teacher and Student
4	Refer to Grade Administrator Contact parent and discuss with student	Teacher
5	After written referral to Grade Administrator and attendance has not changed, student is suspended from class. Student placed on "final notice"	Teacher Grade Administrator
6 -10	After "final notice" each absence must be followed by a meeting with Grade Administrator Student is removed from class.	Grade Administrator



Physical Education 10

Physical Education 10 is a compulsory course. Students have the choice to take the 5 credit physical education course offered every day or the 3 credit program held every second day. The objective of the PE 10 course is to improve fitness levels of the students, develop skills, and promote participation in various activities. Students experience outdoor and indoor team games and individual physical activities. Students are required to attend and participate regularly. The PE 10 program also includes an introductory ACT – CPR program.

PE 10 Activities



Aquatics	Individual Activities	Fitness	Team Games	
Water safety	Running	Circuits	Basketball	Volleyball
Swimming	Bowling	Weights	Broomball	Borden ball
Underwater hockey	Weightlifting	Testing	Field hockey	Flag football
Water polo	Wrestling	Training	Handball	Hockey
Aqua Aerobics	Track and field	Aerobics	Baseball	Lacrosse
	Archery		Soccer	Speed ball
	Tae Kwon Do		Ultimate	Dodge ball
Individual Games	Gymnastics	Dance	Outdoor Pursuits	
Badminton	Educational	Folk	Skiing	
Table tennis	Artistic	Social	Orienteering	
		Western	Skating	
		Creative		

Tips for Grade 10 Physical Education Students

- The first goal should be to attend the course and positively participate in the activities presented.
- Ensure that assignments and homework are completed and handed in on time for classes missed.
- Respect for teachers and classmates are paramount.
- Respect Physical Education equipment and school property to ensure future growth and success of the physical education program.
- Refer to your physical education handbook and read it carefully to ensure there is an understanding of the expectations.
- Keep and post your physical education semester schedule somewhere so that you are prepared for the day's PE activities.
- Be prepared for indoor and outdoor activity as a result of changing weather conditions or scheduled changes. Dress appropriately for outdoor activities and weather.
- Take advantage of lunch hour activities planned in the main gym, these will provide you with extra practice time for developing skills.
- Make effective use of class time performing drills and working in group activities.
- Ask questions and seek feedback on game rules, developing skills, classroom expectations and general improvement.



PHYSICAL EDUCATION 10 COURSE EVALUATION FORMAT

UNIT MARKS BREAKDOWN:

BASIC SKILLS	20-30%
- General outcome one	
HEALTH BENEFITS	5-15%
- Functional fitness	
- Body image	
- Well-being	
POSITIVE INTERACTION	20-30%
- Cooperation	
- Sportsmanship	
- Social Skills	
- Team Work	
- Attitude	
ACTIVE RESPONSIBILITY	20-30%
- Effort and participation	
- Safety	
- Goal setting	
SPORTING KNOWLEDGE	10-20%
- Quizzes and Unit exams	
- Written Assignments	
- Verbal questioning	
TOTAL	<u>100%</u>

COURSE MARKS BREAKDOWN:

LEADERSHIP PROJECTS	10-15%
UNIT MARKS	80-90%
TOTAL	<u>100%</u>

LEADERSHIP PROJECTS:

PROJECT ONE- DESIGN AND LEAD WARM-UP AND STRETCHING ACTIVITY

PROJECT TWO- COMPLETE A TWO PART STUDY PACKAGE THAT INCLUDES THE RULES AND OBJECTIVES OF THE VARIOUS SPORTS PRESENTED IN PE 10.


Course marks breakdown percentages may vary based on the instructor and/or the semester.




Physical Education 20

This course is a continuation of PE 10 with emphasis on leadership and higher levels of skills. A minimum mark of 65% in PE 10 is recommended for entry into PE 20. Attendance and participation is required. A major part of PE 20 is based on Wilderness survival skills. CPR level A is a mandatory part of this course.

PE 20 Activities

Aquatics	Dance	Fitness	Team Games
Diving	Folk Dance	Aerobic Training	Basketball Broomball
Life Saving	Social and Ballroom	Calisthenics	Curling Field Hockey
Swimming	Square Dance	Circuit Training	Flag Football Handball
Water Games	Western Line Dance	Fitness Testing	Ice Hockey Indoor Soccer
Water Safety		Weight Training	Lacrosse Dodge ball
Snorkeling			Ringette Ice Hockey
Under Water Hockey			Floor hockey Omnikin
			Soccer Softball
			Speed Ball Ultimate Frisbee
			Volleyball Bocce

Individual Games	Gymnastics	Individual Activities	Outdoor Pursuits
Badminton	Artistic	Fencing	Alpine and Nordic Skiing (Downhill and cross-country)
Table Tennis	Educational	Five-Pin Bowling	Orienteering
Tennis		Golf	Skating
		Tae Kwon Do	Wilderness Survival Skills
		Track and Field	Archery
		Wrestling	

PHYSICAL EDUCATION 20 COURSE EVALUATION FORMAT

UNIT MARKS BREAKDOWN:

BASIC SKILLS	25-35%
- General outcome one	
HEALTH BENEFITS	10-20%
- Functional fitness	
- Body image	
- Well-being	
POSITIVE INTERACTION	20-30%
- Cooperation	
- Sportsmanship	
- Social Skills	
- Team Work	
- Attitude	
ACTIVE RESPONSIBILITY	15-25%
- Effort and participation	
- Safety	
- Goal setting	
SPORTING KNOWLEDGE	10-20%
- Unit exams	
- Quiz	
- Verbal questioning	
- Written Assignments	
	<hr/>
	100%

COURSE MARKS BREAKDOWN:

LEADERSHIP PROJECTS	10-15%
UNIT MARKS	80-90%
	<hr/>
	100%

LEADERSHIP PROJECTS:

PROJECT ONE - DESIGN AND LEAD WARM –UP AND STRETCHING ACTIVITY

PROJECT TWO - PARTICIPATE IN AN INTRAMURAL ACTIVITY

Course marks breakdown percentages may vary based on the instructor and/or the semester.



Physical Education 30

Physical Education 30 is a co-educational course with emphasis on leisure activities such as golf and outdoor education. Attendance and participation is required. Individual and dual sports are emphasized. Level C CPR is a mandatory additional one-credit module. A minimum mark of 70% in PE 20 is recommended for entry into PE 30.

PE 30 Activities

Aquatics	Dance	Fitness	Team Games
Diving	Aerobic Dance	Aerobic Training	Basketball Borden Ball
Life Saving	Folk Dance	Calisthenics	Broomball Curling
Swimming	Social and Ballroom	Circuit Training	Field Hockey Flag Football
Water Games	Square Dance	Fitness Testing	Handball Ice Hockey
Water Safety	Western Line Dance	Weight Training	Lacrosse Dodge ball
Snorkeling			Ringette Floor Hockey
Under Water Hockey			Rounders Rugby
Water polo			Soccer Softball
			Speed Ball Volleyball
			Ultimate Frisbee

Individual Games	Gymnastics	Individual Activities	Outdoor Pursuits
Badminton	Artistic	Archery	Alpine and Nordic Skiing (Downhill and cross-country)
Table Tennis	Educational	Five-Pin Bowling	Backpacking/Hiking
Tennis		Golf	Camping
		Ten-Pin Bowling	Mountain Biking
		Track and Field	Orienteering
		Weightlifting	Skating
		Wrestling	

PHYSICAL EDUCATION 30 COURSE EVALUATION FORMAT

UNIT MARKS BREAKDOWN:

BASIC SKILLS	35-45%
- General outcome one	
HEALTH BENEFITS	5-15%
-Functional fitness	
- Body image	
- Well-being	
POSITIVE INTERACTION	15-25%
- Cooperation	
- Sportsmanship	
- Social Skills	
- Team Work	
- Attitude	
ACTIVE RESPONSIBILITY	15-25%
- Effort and participation	
- Safety	
- Goal setting	
SPORTING KNOWLEDGE	15-25%
- Unit exams	
- Quiz	
- Verbal questioning	
- Written Assignments	
	<hr/>
	100%

COURSE MARKS BREAKDOWN:

LEADERSHIP PROJECTS	10-20%
UNIT MARKS	80-90%
	<hr/>
	100%

Course marks breakdown percentages may vary based on the instructor and/or the semester.

Physical Education Evaluation Rubrics

General Evaluation Rubric

Attitude, Participation, Effort, Skill, Knowledge

86-100% Superior	<ul style="list-style-type: none">• Always concentrates on activities at hand• Works well and is polite and positive with all members of the group• Always puts forth 100% effort• Is working at a challenging level• Always uses good judgment and displays honesty• Cooperative beyond teacher expectations• Always comes prepared• Sets personal performance records
80-85% Mastery	<ul style="list-style-type: none">• Concentrates on tasks almost all of the time• Usually is polite and positive and works well with most members of the group• Puts forth 100% effort most of the time• Works at challenging level most of the time• Always uses good judgment and displays honesty• Displays cooperative and responsible behavior consistent with teacher expectations
65-79% Acceptable	<ul style="list-style-type: none">• Concentrates on activities at hand most of the time• Attempts to be positive, polite and work with most members of the group if externally motivated• Displays constructive and honest behavior when supervised• Occasionally requires follow up on preparation, duties and responsibilities
25-64% Unacceptable	<ul style="list-style-type: none">• Often fails to concentrate on the task at hand, unless closely supervised• Frequently does not attempt to work well with others• Does not put forth a reasonable effort• Does not work at challenging level• Shows a tendency for poor judgment when not under direct supervision• Not generally cooperative and avoids responsibility
0-24% Very poor, nonexistent	<ul style="list-style-type: none">• Never concentrates on the activities at hand• Continuously displays undesirable group behavior• Is rude to other members of the group• Continually puts in little or no effort• Frequently displays destructive behavior and dishonesty• Frequently displays irresponsible and uncooperative behavior

P.E. 10 - 20 - 30 Unit Rubrics

Assessment of Active Responsibility (Participation/Effort)

Weak 0-49%	<ul style="list-style-type: none"> - Often not changed for class. - Neglects to participate in drills/games (off-task). - High absenteeism. - Often interferes with the learning of others.
Fair 50-64%	<ul style="list-style-type: none"> - Some classes not changed. - Often late or absent. - Participates in drills/games when supervised. - Goes through the motions – little effort.
Average 65-84%	<ul style="list-style-type: none"> - Willingly participates in all activities – consistent effort. - Appropriately changed for all activities and usually works hard with occasional lapses.
Excellence 85+%	<ul style="list-style-type: none"> - 100% effort all the time. - Always on time and ready to participate. - Consistently stays on task even when away from direct supervision.

Assessment of Positive Interaction (Cooperation/Leadership/Attitude/Sportsmanship)

Weak 0-49%	<ul style="list-style-type: none"> - Uncooperative. - Disregard for others. - Argues, whines, and complains. - Unsportsmanlike conduct.
Fair 50-64%	<ul style="list-style-type: none"> - Cooperative at times. - Works with others within structured activities. - Shows some enthusiasm. - Sportsmanlike under supervision.
Average 65-84%	<ul style="list-style-type: none"> - Very cooperative. - Works well with others. - Often enthusiastic and positive. - Sportsmanlike in most activities.
Excellence 85+%	<ul style="list-style-type: none"> - Always cooperative (initiates activities, sets up, cleans up). - Genuine concern for others. - Always enthusiastic in all activities. - Exemplifies Sportsmanship in all activities.

Assessment of Sporting Knowledge (Application/Skill Development/Knowledge and Understanding)

Weak 0-49%	<ul style="list-style-type: none"> - Skills are inadequate with little or no skill development. - Inability to demonstrate knowledge/understanding of activity. - Inconsistent in performance and effectiveness.
Fair 50-64%	<ul style="list-style-type: none"> - Meeting challenges in performing basic skills and strategies. - Satisfactory performance and effectiveness with accepting skill development. - Demonstrates satisfactory understanding of skills and concepts.
Average 65-84%	<ul style="list-style-type: none"> - Shows definite skill development. - Demonstrates basic skills and strategies with relative ease. - Consistent in performance and effectiveness.
Excellence 85+%	<ul style="list-style-type: none"> - Level of mastery achieved in skill development. - Shows exceptional understanding of skills and strategies.

MEMORIAL COMPOSITE HIGH SCHOOL PHYSICAL EDUCATION FORMS

The following forms are available to the students and will need to be completed accordingly:

Form 1:

This form is for permission purposes with regards to any field trips that students may be participating in throughout the PE term. If students wish to participate in these field trips they must fill in the permission/transportation form and return it to his/her teacher as soon as possible.



Form 2:

This form ensures that the student and parents have fully read and understood the Physical Education Handbook. It also is a medical information sheet to help make your child's PE Teacher aware of any medical conditions. Please sign the forms your child brings home and return it to the PE teacher as soon as possible.

****Please note* all PE teachers will be handing out copies of Form 1 and 2 to all PE students. Students must take these forms home and fill them out with the help of their parents, both parent and child sign the forms and then return them as soon as possible to their physical education teacher. Students will not be allowed to travel on field trips until these forms are filled out, signed and returned.***

FORM 1
MCHS PHYSICAL EDUCATION INFORMED CONSENT AGREEMENT



The Physical Education program could include any of the following locations:

Glenn Hall arena	5300-52 St., Stony Plain, 963-2604
Chickakoo Lake Recreation Area	Stony Plain
Ed's West Edmonton Mall	8770-170 St., Edmonton, 481-6420
Stony Golf Course	18 Fairway Drive, Stony Plain, 963-2133
Stony Plain Pool	5210-55 Ave., Stony Plain 963-2600
Westridge Curling Club	5400-52 St., Stony Plain, 963-3109
Transalta Tri-Leisure Center	221 Jennifer Heil Way, Spruce Grove, 960-5080
Duffy's Challenge Golf Course	Stony Plain, 780-968-7654
Yowochas – Outdoor Education Center	Fallis, 892- 2660

Memorial Composite High School Physical Education Staff:

Mr. John Dirks (Department Head)
Mr. James Drolet (Athletic Coordinator)
Ms. Amanda Small
Mr. Craig Greer

Transportation: Contract Busses are used as well as the MCHS tubby busses and yellow bus.

Dear Parent/Guardian:

Your approval must be given for your child to participate in the off-campus field trips offered by the physical education department. These trips are organized, conducted and supervised as educational activities.

Your signature will:

- Authorize your child's participation in PE field trip activities.
- Indicate that you have read the PE Handbook and agree to the expectations and requirements set forth by the MCHS PE Dept.

Approvals:

(Principal)

(PE Department Head)

(Parent/Guardian Signature)

(Student Signature)

Print Student Name

Teachers Name

Block

Course Level

FORM 2
MCHS PHYSICAL EDUCATION MEDICAL CONSENT FORM

Information received is confidential and is being gathered for the purpose of serving your child while in the care of Memorial Composite High School. Any medical information collected here serves to inform and authorize MCHS Staff to ensure your child's health and safety in case of emergencies. Please be as thorough and complete as possible while outlining your child's health and medical concerns.

STUDENT NAME: _____

DATE OF BIRTH: _____

ADDRESS: _____

EMERGENCY CONTACT PHONE #'s _____

HEALTH CARE

Does your child have any physical, emotional, mental, behavioral concerns or limitations that we should be aware of? If yes, please explain.

Does your child have any allergies that we should be aware of? If yes, please explain.

Does your child have any medical or health concerns that we should be aware of? If yes, please explain.

Has your child ever suffered a concussion?

If yes, how many concussions?

When was the last concussion?

Has your child been cleared for physical activity?

Who has cleared your child for physical activity?

Are there any limitations on your child and their physical activity? _____

Any other Medical Information we should be aware of?
