

Gr. 8 Physical Education
Valemount Secondary School

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No Text Required
Gym

Welcome to PE 8! The aim of Physical Education is to provide opportunities for all students to develop knowledge, movement skills, and positive attitudes and behaviours that contribute to a healthy active lifestyle.

Learning Outcomes:

- 1) Assess the importance of active living and be able to describe health-related components of fitness.
- 2) Participate daily in a variety of physical activities.
- 3) Apply fundamental motor skills and movement concepts in a variety of activities, which include games, movement activities such as dance and gymnastics, as well as individual and dual activities.
- 4) Apply procedures of safety, demonstrate the proper use of equipment and demonstrate sportsmanship, fair play and leadership in a variety of activities.
- 5) Develop social skills that promote acceptable standards of behaviour and promote positive relationship with others.

Areas of Study:

- Individual and Dual Activities (Badminton, Jogging, Weight training)
- Sport specific games (Basketball, Football, Soccer, Volleyball)
- Modified games designed to encourage participation and fitness
- Rhythmic movement (Dance, Yoga and/or Gymnastic activities)
- Outdoor activities and alternative environment activities

Expectations:

1. PE is a participation course. Daily attendance and active participation is required. Notes must be brought in for excused absences. Unexcused absences will result in lost marks.
2. Proper gym strip is required every day to promote active participation.
3. Medical illness or injuries which result in limited or no participation for a day or 2 must be substantiated by a note from home.
4. Help prevent theft do not leave your valuables unlocked in the change rooms. Teachers will not be responsible for securing your valuables during gym class.
5. All safety rules regarding use of facilities and equipment must be followed at all times.
6. All gym equipment and facilities are only to be used under the supervision of an instructor.

Course Evaluation:

- ☑ Participation 50%
- ☑ Movement Skills 20%
- ☑ Assignments, Quizzes, Tests 30 %

Required Materials:

Students are required to change into appropriate gym strip for class each day. A suitable T-shirt and shorts are required when activity occurs indoors. A sweat shirt or light jacket should be worn during inclement weather. An appropriate pair of running shoes should be worn at all times.

Medical Information: If you have any medical information that may affect your participation in PE please provide that information.