



ST. FRANCIS JUNIOR HIGH

Daily Physical Education and Health and Wellness Course Outline 2023-24

RATIONALE: The aim of the physical education and wellness program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, and healthy lifestyle. Physical activity is especially important for the mental health and well-being of students during difficult times. Strong evidence exists that physical activity is a critical contributor to the overall health and wellness of all individuals, assisting in such areas as growth and development.

The teacher will attempt to ensure that the student is not exposed to any unreasonable risks; however, it is the shared responsibility of the teacher, student, and parent to create a positive and safe environment conducive to learning.

ASSESSMENTS:

A. Personal Performance

85%

- Communicates effectively
- Willing to try regardless of skill level
- Exemplary effort that matches the target outcome
- Takes initiative and demonstrates leadership qualities
- Uses good judgement and displays honesty
- Demonstrates cooperation and sportsmanship
- Positive, safe, responsible, and respectful with others and equipment
- Changes into appropriate PE attire

B. Fitness Friday/Health and Wellness

15%

- Participation during Fitness Friday based on above parameters

Student Report Grades

E = Excellent

P = Proficient

B = Basic

NY = Not Yet

2023-24 PE ACTIVITY SCHEDULE:

Schedule 1		Schedule 2		Schedule 3	
Term 1 Sept.6 - Nov. 9					
Sept. 6 Physical Education Orientation					
Sept. 7, 11-14 6 Days Walk, Jog, Run Heart Rate Exploration					
Sept. 18 Rotation begins (add 4 Low Organized days - for Inclement Weather)					
2 X 4	Volleyball (Gym)	2 x 4	Football/ Ultimate Lacrosse/Speedball (East Field)	2 x 4	Horse Shoes/ Ladder Ball/ Bocce/ 4 Square (West Field)
2 x 4	Football/ Ultimate Lacrosse/Speedball (East Field)	2 x 4	Horse Shoes/ Ladder Ball/ Bocce/4 Square (West Field)	2 x 4	Volleyball (Gym)
2 x 4	Horse Shoes/ Ladder Ball/ Bocce/4 Square (West Field)	2 x 4	Volleyball (Gym)	2 x 4	Football/ Ultimate Lacrosse/Speedball (East Field)
Term 2 Nov. 13 - Jan. 23 Last rotation will be one day short					
2 x 4	Basketball (Gym)	2 x 4	Fitness and Relaxation (Fitness Center)	2 x 4	Soccer/Broomball/ Field Hockey (Field)
2 x 4	Fitness and Relaxation (Fitness Center)	2 x 4	Soccer/Broomball/ Field Hockey (Field)	2 x 4	Basketball (Gym)
2 x 4	Soccer/Broomball/ Field Hockey (Field)	2 x 4	Basketball (Gym)	2 x 4	Fitness and Relaxation (Fitness Center)
12 Dance (Gym and Canteen) begins Jan. 8 (includes Fit Fridays in that time)					

Term 3 Feb. 5 - Apr. 19 all classes indoor (add 1 Low Org. day)					
2 x 4	Weight Training (Fitness Center)	2 x 4	Juggling/Mini Bball/ Sit VBall/Scooter Hockey/ Ping Pong/ Cup Stack/ Skipping/ Jumps(Cant.)	2 x 4	Badminton (Gym)
2 x 4	Juggling/Mini Bball/ Sit VBall/Scooter Hockey/ Ping Pong/ Cup Stack/ Skipping/Jumps/(Cant.)	2 x 4	Badminton (Gym)	2 x 4	Weight Training (Fitness Center)
2 x 4	Badminton (Gym)	2 x 4	Weight Training (Fitness Center)	2 x 4	Juggling/Mini Bball/ Sit VBall/Scooter Hockey/ Ping Pong/ Cup Stack/ Skipping/Jumps/(Cant.)
Date TBA - 10 Self Defense (Fitness Center) -production in gym					
Term 4 Apr. 22 - June 12 (add 4 Low Org. days)					
2 x 2	Street Hockey (Basketball Courts)	2 x 2	Kickball/Slingball/ Softball (East Field)	2 x 2	Omnikin/Bodyball (Gym)
2 x 2	Kickball/Slingball/ Softball (East Field)	2 x 2	Omnikin/Bodyball (Gym)	2 x 2	Street Hockey (Basketball Courts)
2 x 2	Omnikin/Bodyball (Gym)	2 x 2	Street Hockey (Basketball Courts)	2 x 2	Kickball/Slingball/ Softball (East Field)
6 Track and Field Rotation 1 - High Jump, Long Jump, Hurdles Rotation 2 - Shot put, Discus, Triple Jump					
1 x 2	Rugby/Ultimate (West Field)	1 x 2	Softball (East Field)	1 x 2	Pickleball (Gym)
1 x 2	Softball (East Field)	1 x 2	Pickleball (Gym)	1 x 2	Rugby/Ultimate (West Field)
1 x 2	Pickleball (Gym)	1 x 2	Rugby/Ultimate (West Field)	1 x 2	Softball (East Field)

Daily Personal Performance Assessment will be based on the following Scoring Rubric:

5 Marks = Standard of Excellence

- Changed into appropriate gym attire
- Follows all personal safety consideration
- Concentrates on activities at hand
- Polite and positive with all members of the group
- Puts forth 100% effort
- Is working at a challenging level
- Uses good judgment and displays honesty
- Is responsible and cooperative **beyond teacher expectations**

4 Marks = Acceptable

- Changed into appropriate gym attire
- Follows all personal safety considerations
- Concentrates on activities at hand most of the time
- Polite and positive with most members of the group
- Puts forth 100% most of the time
- Uses good judgment and displays honesty
- Displays cooperative and responsible behavior consistent with teacher expectation

3 Marks = Average

- Not changed into appropriate gym attire
- Follows all personal safety considerations
- Concentrates on activities at hand most of the time
- Attempts to be positive and polite 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

2 Marks = Below Acceptable Standard

- Not changed into appropriate gym attire
- Follows all personal safety considerations
- Fails to concentrate on the task at hand unless closely supervised
- Does not put forth a reasonable effort
- Does not work at a challenging level
- Shows a tendency for poor judgment when not under direct supervision
- Uncooperative and avoids responsibility

1 Marks = Unacceptable

- Not changed into appropriate gym attire
- Follows all personal safety considerations
- Never concentrates on the activities at hand
- Displays undesirable group behavior
- Is rude to other members of the group
- Puts in little or no effort
- Displays destructive behavior and dishonesty
- Displays irresponsible and uncooperative behavior

Note: In the event of a prolonged medical leave, alternative activities will be assigned.

Note: Students refusing to participate will be referred to the office.

Attention Parents!



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Please read our Physical Education and Health and Wellness Course Outline and return this sheet back to the school with all of the blank areas filled in to verify you know all of the information in the outline. Please return this form to the student's Physical Education and Wellness Teacher. Thank You!

Parent/Guardian Signature: I have read all of the Physical Education and Health and Wellness Course Outline information thoroughly and understand the above procedures and policies.

Student Full Name(**Please Print**)_____Class_____

Parent or Guardian(**Please Print**)_____

Parent or Guardian Signature:_____

Date of Signature:_____

If you have any questions or comments regarding this information, please contact the school at (403) 327 3402.

The Physical Education and Wellness Department at St. Francis Junior High School would like to welcome you to the School Year!