



ST. FRANCIS JUNIOR HIGH

Daily Physical Education and Health and Wellness Course Outline 2025-26

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

2025-26 PE ACTIVITY SCHEDULE:

Schedule 1		Schedule 2		Schedule 3	
Term 1 Sept. 3 - Nov. 7					
Sept. 4 Physical Education Orientation					
Sept. 4, 8-10 4 Days Walk, Jog, Run Heart Rate Exploration					
Sept. 11 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	4 Square/Bocce/ Ladderball/Horseshoes (West Field)
2 x 4	Football/ Ultimate Lacrosse/Speedball (East Field)	2 x 4	4 Square/Bocce/ Ladderball/Horseshoes (West Field)	2 x 4	Volleyball (Gym)
2 x 4	4 Square/Ladderball/ Bocce/Horseshoes (West Field)	2 x 4	Volleyball (Gym)	2 x 4	Football/ Ultimate Lacrosse/Speedball (East Field)
Term 2 Nov. 12 - Jan. 22 (2 Low Org. days - for Inclement Weather)					
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)
8+2 Fridays Dance (Gym and Canteen) -begins Jan. 9 - 22 (includes 2 Fit Fridays in that time)					

Term 3 Feb. 2 - Apr. 17			All classes indoor		(add 4 Low Org. day)
2 x 4	Weight Training (Fitness Center)	2 x 4	Scooter B-ball & Hockey/Sit V-ball/ Ping Pong/Skipping-Juggling -Cupstacking (Canteen)	2 x 4	Badminton (Gym)
2 x 4	Scooter B-ball & Hockey/Sit V-ball/Ping Pong/Skipping-Juggling -Cupstacking (Canteen)	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	Scooter B-ball & Hockey/Sit V-ball/ Ping Pong/Skipping-Juggling -Cupstacking (Canteen)
Date TBA - 8 Self Defense (Fitness Center) -production in gym					
Term 4 Apr. 20 - June 17			(add 3 Low Org. days)		
2 x 2	Speedball Ultimate (West Field)	2 x 2	Kickball/Slingball (East Field)	2 x 2	Bodyball Omnikin (Gym)
2 x 2	Kickball/Slingball (East Field)	2 x 2	Bodyball Omnikin (Gym)	2 x 2	Speedball Ultimate (West Field)
2 x 2	Bodyball Omnikin (Gym)	2 x 2	Speedball Ultimate (West Field)	2 x 2	Kickball/Slingball (East Field)
Date TBA - 6 Track and Field					
Rotation 1 - Long Jump, High Jump, Shotput					
Rotation 2 - Triple Jump, Hurdles, Discus					
1 x 4	Rugby/Ultimate (West Field)	1 x 4	Softball/Whiffleball (East Field)	1 x 4	Pickleball Floor Hockey (Gym)
1 x 4	Softball/ Whiffleball (East Field)	1 x 4	Pickleball Floor Hockey (Gym)	1 x 4	Rugby Tchoukball (West Field)
1 x 4	Pickleball Floor Hockey (Gym)	1 x 4	Rugby Tchoukball (West Field)	1 x 4	Softball/Whiffleball (East Field)

Policies:

ATTENDANCE: Regular attendance is expected. Physical Education is an activity course and as such cannot be made up if missed. If a student is absent, it is their responsibility to approach the teacher to find out what they have missed. Students are allowed to make up missed assignments or skills only if their absence was excused.

VALUABLES: Money and valuables are **not** to be brought into the physical education spaces. The school is not responsible for any losses in the gymnasium.

ELECTRONICS: **All electronics are to be left in the students locker.**

PARTICIPATION: Students unable to participate in Physical Education because of medical reasons will be excused only if the parent or guardian provides a written explanation on the day of the class. Students without this permission will not be allowed to make phone calls from the office. **Students requesting to be excused from three or more consecutive P.E. classes need to provide a statement from their doctor.**

GYM ATTIRE: It will be expected that each student will bring a change of clothing (gym strip) for participation in physical education. Hygiene and personal wellness is an important consideration for all students in the school. Appropriate dress consists of: a t-shirt or sweatshirt, shorts or sweat pants, socks and non-marking running shoes. Sweat shirts or a jacket, as well as weather appropriate gloves and headgear should be worn outdoors during cooler weather.

Note: Students will not be outside below -15 Celsius, including wind chill factor. This will be determined at the beginning of the Physical Education period.

GYM ATTIRE POLICY: If a student does not come prepared to participate in P.E. and/or does not have a written explanation signed by the parent/guardian or doctor, the following steps will occur:

1st TIME	- Warning
2nd TIME	- Teacher contact with home. A form will be given to student to fill out with parents to help sort out issue with gym strip. Form to be returned to teacher.
3rd TIME	- Teacher meeting with Student/Detention (40 minutes) - Will meet with teacher at lunch. Will be discussion to help sort out gym strip issue. -Students may choose to serve the Detention only the day of, or day after the incident.
4th TIME	- Office detention (40 minutes) -Student to meet with Administration to help sort out the gym strip issue.
5th TIME	- Office detention (80 minutes) -Parent to meet with Administration.

Note: Changing policy resets to zero each reporting period (quarterly).

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!