

# JOHN OLIVER PHYSICAL EDUCATION 11/12

<http://jo-online.vsb.bc.ca/pe> (click on PE Link)

Welcome to John Oliver Secondary and to the John Oliver Physical Education Program. Our department is committed to providing you with a positive, safe and enjoyable learning environment that will allow you to learn, grow and further develop your skills and abilities as a person, a student and as an athlete.

## Course Rationale:

The *aim* of Physical Education is to enable students to enhance their quality of life through healthy living and physical activity. Through participation in this course, students will develop the knowledge, skills and attitudes to allow them to incorporate physical activity into their daily lives and learn to make choices which will allow them to enjoy a healthy lifestyle. Curriculum activities include *individual and team sports, cooperative and minor games, outdoor pursuits, fitness activities, community activities & leadership development.*

## Course Expectations:

To achieve success in this course, students are expected to 1) attend all classes, 2) participate in appropriate JO PE Clothing, 3) demonstrate fair play and respect to others at all times, 4) motivate, encourage and support their classmates, and 5) participate to the best of their ability in all activities—challenging themselves to work outside their comfort zone as they push their physical and mental boundaries.

Senior students are expected to take part in all of the planned field trips and excursions as well as demonstrate leadership within their class and community.

## Course Evaluation:

Students will receive ongoing assessment and evaluation of their progress during each term through a variety of assessment methods (rubrics, criterion, peer and self-assessment, etc)—both formative and informative. Students' grades will be based on the following components:

<u>Year Breakdown:</u>		<u>PE 11 &amp; 12 Evaluation:</u>	
<i>Term 1</i>	30%	<i>Affective (Social Responsibility)</i>	30%
<i>Term 2</i>	35%	<i>Cognitive (Theory, Assignments)</i>	25%
<i>Term 3</i>	35%	<i>Performance (Skill, Ability, Work Ethic)</i>	25%
		<i>Fitness (Fitness Testing, Fitness Activities)</i>	20%
Total	100%	Total	100%

This year's Physical Education Department is looking forward to the upcoming year and working with your child. If you have any questions or concerns, please feel free to contact your child's teacher.

- **Main Gym Office**—Mr. D. Jabillo, Mr. N. Johnson and Mr. J. Murthi  
*Phone: 604-713-8938 extension 7157*
- **South Gym Office**—Mr. B. Aprim (Dept Head), Ms. T. Haysom, Ms. K. Matheson, and Mr. T. Hoffmann. *Phone: 604-713-8938 extension 7170*

## JOHN OLIVER PHYSICAL EDUCATION 11/12

<http://jo-online.vsb.bc.ca/pe> (click on PE Link)

### JO PE Department Guidelines & Policies:

- **Attendance/Daily Physical Activity:** Students are required by the Ministry of Education to receive 150 minutes of Physical Activity per week. *PE is also a participatory course and students must be in attendance to demonstrate the skills, concepts and theories learned. Absences exceeding four (4) per term will place a student in jeopardy of failing the term and possibly the course.* Students who are absent must bring a note signed by their parents and arrange a time to make-up missed work.
- **Medical Exemptions:** A student missing more than one class due to a medical injury/situation needs to bring a note from their doctor. *Students who are unable to participate are still required to change into their JO PE clothing for possible modified or rehabilitative activity. In lieu of physical activity, a corresponding written activity will be provided (as per the Ministry of Education Guidelines).*
- **JOPE Clothing:** The EXPECTATION is for students to be in JOPE issued clothing. *Students not in appropriate “PE type clothing” will not be permitted to participate in the class activity and will not receive credit for the class.* If an article of clothing is dirty, students must bring an alternative; if an article of clothing is lost; student may bring an alternative and must purchase a replacement item.
- **PE Locker Room/Locks:** The PE department has **lockers available for use during PE class only.** Each student is required to purchase a second school lock for PE class. The purchase of these locks ensures that students’ belongings are secure and safe during class time. *Students are asked not to bring items of value to the locker room and to secure them safely in their hallway locker or leave them at home. JOPE Department not responsible for lost, damaged or stolen items from lockers.*
- **Field Trips:** Field trips are enrichment activities organized by the PE Department to enhance the learning experience of the students. Students will be informed in advance of any field trips and the additional costs that they may have. *Students are encouraged to participate in all field trips in order to receive the full value and experience of their participation in the PE program.*
- **JOPE Intramurals:** Intramurals is an in-school recreational sports league that allows students the opportunity to participate in a variety of athletic and recreational activities throughout the school year. Students may sign-up with friends or as individuals with the PE Department. *Intramural events usually occur during the lunch break (some may occur before school if necessary).*
- **JOPE Website/Teacher Blogs:** <http://jo-online.vsb.bc.ca/pe> (click on PE Link for website or Teacher Blogs to access your PE Teacher)
  - *The JOPE website contains handouts, curriculum & facility schedules, evaluation standards, useful links, photos, athletics information and more.* To keep up to date and current in the world of JOPE, visit the website or your PE teacher’s blog.