

JOHN OLIVER PHYSICAL & HEALTH EDUCATION 8-10

<https://blogs.vsb.bc.ca/jophysical/>

Welcome to John Oliver Secondary and to the John Oliver Physical & Health 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 & Health 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 which will allow them to incorporate physical activity and healthy/active choices into their daily lives.

Participating in curriculum activities such as *individual and team sports, games, dance, gymnastics, outdoor pursuits and fitness activities*, students will have the opportunity to develop a positive attitude towards physical activity. Students will gain an appreciation for personal fitness and the development of life-long physical activity and a healthy lifestyle. They will also learn to work in a collaborative setting, to problem solve and to build on their leadership skills. Finally, through analysis and reflection, students will develop the ability to make healthy choices with respect to their own emotional and mental well-being and to incorporate strategies for developing positive relationships and connections with others and their community.

Course Expectations:

To achieve success in this course, students are expected to 1) attend all classes, 2) participate in appropriate PE Clothing, 3) demonstrate fair play and respect for 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.

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 summative. Students' grades will be based on the following components:

Year Breakdown:

<i>Term 1</i>	30%
<i>Term 2</i>	35%
<i>Term 3</i>	35%
Total	100%

PE 8, 9 & 10 Evaluation*:

<i>Personal & Social</i> (Awareness, Responsibility, Effort, Leadership)	50%
<i>Physical Literacy & Activity</i> (Movement & Skills, Physical & Cognitive)	30%
<i>Health & Fitness</i> (Well-being topics, Fitness assessments, Fitness activities)	20%
Total	100

**Percentages are approximate and may vary depending on the units per term*

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, Mr. J. Murthi *Phone: 604-713-8938 ext. 7157*
- **South Gym Office**—Mr. B. Aprim (Department Head), Ms. T. Haysom, Ms. K. Matheson, and Mr. T. Hoffmann. *Phone: 604-713-8938 Ext. 7170*

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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. Unexcused absences exceeding four (4) per term may result in an "I" (Incomplete) grade for the term and place the student in jeopardy of failing 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 PE clothing for possible modified or rehabilitative activity. In lieu of physical activity, a corresponding written activity will be provided (per the Ministry of Education Guidelines).*
- **JOPE Clothing:** The EXPECTATION is for students to be in appropriate PE gym strip (as outlined by the PE Dept staff in their initial class of the year). We strongly encourage students to purchase a JO Physical Educational t-shirt. *Students not in appropriate "PE type clothing" may 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. Appropriate running shoes with laces are also a must.
- **PE Locker Room/Locks:** The PE department has lockers available for use during PE class only. *Each student is required to have 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 members are not responsible for lost, damaged or stolen items from lockers.*
- **Field Trips & In-School Enrichment Activities:** Field trips and in-school enrichment activities are organized by the PE Department to enhance the learning experience of the students. Students will be informed in advance and the additional costs that they may have. *Students are encouraged to participate in all field trips & in-school enrichment activities 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 Blog:** <https://blogs.vsb.bc.ca/jophysical/> *The JOPE website may contain course outlines, handouts, evaluation standards, useful PHE links, photos, athletics information and more.* To keep up to date and current in the world of JOPE, visit this website or your PE teacher's blog.