

# Burnaby Mountain Secondary

## PHYSICAL & HEALTH EDUCATION 8-12

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Aim to enable all learners to enhance their lives through active living



## New Redesigned BC CURRICULUM GOALS – Grades 8-12

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### Physical Literacy

This area focuses on students acquiring the knowledge, skills, and mindsets that will enable them to successfully participate in a wide range of physical activities.

### Healthy and Active Living

This area focuses on various aspects of developing a healthy lifestyle, both in and out of school, including healthy eating, daily physical activity, and healthy choices that influence health and well-being.

### Social and Community Health

The overall health and safety of ourselves and others is directly influenced by our surroundings, including the physical environment and interpersonal relationships. Focusing on the reciprocal relationship between individual and community health enables students to develop an understanding of how we as individuals can influence, and be influenced by, the health of others and the community.

### Mental Well-Being

This area enables students to learn about the many factors in our lives that influence our mental well-being, including our sense of self, our relationships with others, and how we might cope with the many changes we experience throughout our lives. Additionally, students will explore various pressures and influences on mental well-being while learning about strategies to promote mental well-being for themselves and others.

PHE 10 builds on PHE 9, it completes the process of establishing a strong foundation of skills, knowledge, and attitudes for students and prepares them for Grade 11 and 12 PHE courses that relate to their interests and passions.

More information can be found at <https://curriculum.gov.bc.ca/curriculum/whats-new/physical-health-education>

## COURSE CONTENT

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Aboriginal Games	Dance	Field Hockey	Netball	Track & Field
Active Health	Fitness	Golf (10) (\$)	Rugby	Ultimate
Basketball	Floor Hockey	Gymnastics (9) (\$)	Soft Ball	Volleyball
Badminton	Football	Health	Soccer	Wrestling

CPR (10) (\$)	Field Trips (\$)	Minor Games	Self Defense	Yoga
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## **EVALUATION – Communicating Student Learning**

Students will be assessed for learning with the use of a Physical Education Assessment Rubric. The objective is for students to develop in a holistic sense. The curriculum framework at Burnaby Mountain is made up of three organizers each consisting of a set of learning outcomes, which reflect the knowledge, skills, and attitudes, that students need to help set and achieve goals. The three curriculum organizers and how feedback is given:

1. **Personal & Social Responsibility**
2. **Physical Literacy (fitness/movement Skills)**
3. **Health Literacy (tools & strategies to be healthy)**

### **RUBRIC SCALE**

<b>Exceeding Expectations</b>	Wow – Above & Beyond	Excellent or outstanding Performance in relation to the learning outcomes.
<b>Fully Meeting Expectations</b>	Reaching Further	Very good performance in relation to the learning outcomes.
<b>Meeting Expectations</b>	You got it!	Good performance in relation to the learning outcomes.
<b>Approaching Expectations</b>	Growing	Satisfactory performance in relation to the learning outcomes.
<b>Incomplete</b>	Not evident yet	No demonstration of minimally acceptable performance in relation to the learning outcomes.

### *FITNESS ASSESSMENTS*

- Participate daily in physical activity designed to enhance and maintain health components of fitness.
- Individual fitness assessments will occur throughout the course. This allows individuals to assess their fitness and help them to set new fitness goals.
- All students will be expected to participate in Fitness Fridays.

### *COGNITIVE KNOWLEDGE ASSESSMENTS*

- *Use of E-Portfolios and Keep Fit journals to provide evidence of critical thinking and communication of learning.*
- Students may be given written tests on rules, techniques and strategies for specific activities.

### *HEALTH EDUCATION*

- Content on individual identities, including sexual identity, gender, values, and beliefs.
- Learning various influences on healthy choices, including social and peer pressure, differing sources and validity of health information, and situational factors
- Evaluation of this unit will focus on class participation/discussion, a written test or written assignments.

## **EXPECTATIONS**

*“every child is a winner when they try their very best” author unknown*

Always be in proper gym strip

- PE requires that you have a complete change of clothes for all weather conditions. It is expected that students change out of their regular school clothes for all P.E. classes.
- Running shoes ONLY are allowed on the gym floor – no marking soles permitted
- Long hair must be tied back and jewelry including rings, necklaces and body piercing must not be worn.
- Do not bring valuables to the gym (esp. jewelry, watches, **SMARTPHONES, \$\$**, school/gym bags)

Work hard - Play hard – Work well with others

- Be on time. Class begins 5 minutes after the last bell. The change rooms will be locked then.
- SPORTSMANSHIP is important. Treat all other students with the same respect you expect

Help with all equipment set-up & take down

- Treat all Mountain equipment with respect
- At END OF CLASS: Nobody leaves the GYM until after announcements & equipment is put away.
- Students are expected to stay in the PE area until the bell rings.

Have fun learning new skills

- P.E. is a participation course. Attendance and involvement in all activities is an expectation for all students.

Notes are Mandatory!

- A valid note should be given the first day back after an absence
- Missing class due to a long term injury, or illness **MUST BE CONFIRMED ONLY BY A DOCTOR'S NOTE**. Students are still expected to have available strip, because an alternate activity may be given to them. Modified programs will be given to suit individual needs. For example:
  - Broken Arm – student can work their legs on a bike or weights, stretch or officiate
  - Sprained Ankle – student can work their arms on a bike or weights, stretch or officiate.
- Skips will not be tolerated and will result in an automatic deduction in work habits, daily assessment, and have school consequences unless proper notes are given.

Communication is important

- Parents/Guardians please feel free to email, phone, or visit us with your questions, comments, concerns, or to let us know when your child will be absent. Teacher contacts are easy to find on the school website.