**St. Mary’s School**

**Grade 9 Health and Physical Education**

Mr. Bergen Henengouwen and Mrs. Siemens

Aim of Physical Education:

The aim of the Physical Education Program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. (Alberta Education, 2000)

General Learner Outcomes: There are 4 main course objectives:

Outcome A: ACTIVITY – Students will acquire skills through a variety of developmentally appropriate movement activities.

Outcome B: BENEFITS HEALTH – Students will understand, experience and appreciate the health benefits that result from physical activity.

Outcome C: COOPERATION – Students will interact positively with others.

Outcome D: DO IT DAILY FOR LIFE – Students will assume responsibility to lead an active way of life.

**Sports you will potentially be participating in throughout the 2013/2014 School Year:**

**Flag Football Dance Track and Field**

**Team Handball Indoor Hockey Basketball**

**Volleyball Badminton Water Polo**

**Yoga Gymnastics Softball**

**Curling Beach Volleyball Fitness**

Evaluation Criteria

* Participation (Marked Daily) 80%
* Skill Improvement & Fitness Testing 10%
* Assignments/ Quizes 10%

\*\*\*\* See next page for Daily Participation Rubric\*\*\*\*

Class Expectations

**Attendance**

Physical Education is an activity class, requiring the student to participate in the activity.  **If for any reason a student is not able to participate (whether absent, hurt, etc) a note from a parent is required**. If a note is not shown, or you are late, you will lose participation marks for that day.

No Strip

* Students who arrive to class without P.E. strip have the option of: - Borrowing strip from the P.E. dept. OR - Students may be allowed to complete a written assignment (to make up 80% of daily participation marks)
* Frequent “no strip” consequences will result in a loss of participation marks a phone call home and a referral to administration

**Supplies**

* **P.E. Clothing**
	+ T-shirts, Gym Shorts, Sweats, Track Pants
	+ Footwear -Non-marking Running Shoes Only
* **Duotang/Binder**
	+ You will need a binder/duotang to keep all necessary assignments/quizzes in. This will be kept in Mr. Bergen Henengouwen’s office.
* **Absolutely NO CELL Phones**- Any cell phone that is seen will be taken away.

**Behavior:**

* Effort- The expectation is that students will participate with their best effort
* Preparation- Being late, having no P.E. clothing or inappropriate P.E. clothing will result in consequences
* Respect- Be respectful of yourself, others around you and of the equipment to ensure a safe and fun environment for everyone to participate in

**I look forward to work with students and parents in making this year a total success! If you have any questions or concerns please contact me at the school at 403 223-3165 or by e-mail.**

**E-mail addresses you could reach us at:**

**AJ Bergen Henengouwen** **bergenhenengouwena@holyspirit.ab.ca**

**Carolyn Siemens** **SiemensC@holyspirit.ab.ca**

**Thank-You,**

**Mr. Bergen Henengouwen and Mrs. Siemens**