**Waterford Valley High School**

**Physical Education 2100/2101**

Physical Education 2100 and 2101 are activity based courses which focus on developing and understanding personal movement skills that contribute to an active lifestyle throughout life. The curriculum builds on the skills and knowledge acquired throughout the physical education program from Kindergarten to High school.

This program includes a broad range of movement activities that are employed through three movement themes:

* Individual/Partner Games and Activities
* Alternative Activities
* Games and Group Activities
* Fitness Pursuits

**Physical Education 2100 and 2101 will:**

-Allow students to learn and engage in various games, activities sports and exercises that contribute to overall wellness.

-Engage students in activities that require and foster the development of cooperative skills and strategies.

**Expectations**

1. Students are expected to attend and participate in all classes. If a student is absent or does not participate, one must have a note from a parent or guardian containing the signature and contact number the day that they are absent/ do not participate. An email is also acceptable or student may inform the PE teacher that an email from parent/guardian has been sent to the office.

2. Students not participating for an extended period should have a doctor’s note.

3. Being prepared (wearing of proper gym clothing) will be made note of for each class. Examples of appropriate gym clothes are sneakers, shorts, T-shirt, sweat shirt, Pajama pants, track pants, leggings. Jeans/cords are not acceptable.

**Evaluation**

**Moving and Doing 50%**

* Overall participation in the class itself.

(Warn-Up, activity/games)

* ***A key component in student achievement is for students to attend and participate in all classes.***

**Understanding and Applying 25%**

* Demonstrates good listening skills
* Understands and demonstrates skills and tasks.
* Is a team player and practices sportsmanship.

**Cooperation and Responsibility 25%**

* Shows care for the safety of self and others.
* Being prepared for class (Gym Clothes)
* Being respectful of equipment.
* Works with and includes others.

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**Students will receive a mark for each unit/activity in all 3 evaluation areas.**

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