

Course: Grade 8 Physical Education

Location: 119 & 115

Teacher: Mr. Aiken (raiken@emsb.qc.ca)

Remediation: Day 1 after school & Day 7 @ lunch in 119

Course Description: Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities. Frequency is 3 on 7 cycle days.

	TERM 1 (20%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections.	<i>Timeline</i> Every class. <u>Terry Fox run on Oct. 15</u>
	TERM 2 (20%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections.	<i>Timeline</i> Every class.
	TERM 3 (60%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections.	<i>Timeline</i> Every class.

Progress reports will be issued in October

END OF YEAR RESULT: Term 1 (20%) + Term 2 (20%) + Term 3 (60%) = 100%

Additional Information:

- **All students are expected to participate in all classes.** A doctor's medical note must be provided for a student to be excused from participation in P.E. class due to illness or injury. Evaluation in P.E. is ongoing; it happens every class.
- Students should arrive to P.E. class wearing the proper PE uniform – Royal West burgundy t-shirt, Royal West grey or blue shorts, athletic socks & footwear. Shoes need to have laces and provide adequate support. Shoes cannot be all black & must have non-marking soles. RWA sweatshirts and sweatpants are permitted for classes. **Please mark students' names on clothing tags!**
- The regular P.E. uniform is expected for class on "dress down" & spirit days.
- Our locker rooms are available for students to get changed before and after class. There will be sufficient time allotted, at the teacher's discretion.

- **Locks are given to the students, specifically for P.E. and strongly recommended;** they must be removed at the end of each class. Feel free to use a sharpie to mark initials on the back of the lock in order to distinguish one from the others.
- For safety purposes, hair must be properly secured; most jewelry must be taken off for classes.
- No eating or chewing gum in the gyms.
- Water fountains will be available to students. Bringing one's own water bottle is encouraged.
- Students will be receiving their Terry Fox pledge forms the beginning of September. All grade 8 students participate in the Terry Fox run each year at RWA. Pledge forms must be returned no later than the day after the race. Students that complete their Terry Fox Logbook & pledge forms will receive a community credit. Run Date is October 15th during periods 5 & 6.