

Course: **Grade 7 Physical Education**

Teacher: Mrs. O'Neil

Room: 114

E-mail: moneil@emsb.qc.ca

Texts/workbooks:

Course description: Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities throughout the year 3 out of 7 days.

	TERM 1 (No Mark)	
<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. Fitness	<i>Evaluation Methods</i> Participation, game evaluation, individual skill assessment, quizzes, fitness testing <i>Mark will appear on the 2nd term report card</i>	<i>Timeline</i> Every class
	TERM 2 (25%)	
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. Fitness	Participation, game evaluation, individual skill assessment, quizzes, fitness testing	Every class
	TERM 3 (75%)	
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. Fitness	Participation, game evaluation, individual skill assessment, quizzes, fitness testing.	Every class

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

Additional Information / Specifications

- All students are expected to participate in all classes. A medical note must be provided for a student to be excused from participation in Phys Ed class due to illness or injury. Evaluation in physical education is ongoing. It occurs every class.
- Students should arrive to P.E. class wearing the proper gym uniform (including dress down days) – Royal West burgundy t-shirt, Royal West grey or blue shorts, socks and athletic footwear. Athletic footwear cannot be all black, needs to have laces, and slip-on shoes are not acceptable. Nylons and tights are not permitted. The regular Phys Ed uniform must be worn on Dress Down Days.
- Hair must be properly secured. No jewellery.
- Only RWA sweatshirts and sweatpants, including ECA apparel, are permitted for outdoor classes.
- No eating, nor chewing gum in the gym.
- Please purchase and use a lock to secure your belongings in the locker room during P.E. class.
- Failure to comply with the above listed specifications will be reflected in the student's mark.

Day	Time
I will be available on days 1 and 7 at lunch in the New Gym office.	

Parent Signature: _____

Student Signature: _____