Information for Students & Parents

Physical education is an integral part of the total education process. Students who participate in regular physical education enjoy enhanced memory and learning, better concentration, and increased problem solving abilities.

The aim of physical education is to enable all learners to enhance quality of life through active learning.

**GOAL**

* To develop knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live an active healthy lifestyle. Not only are we learning to live and keep God’s own created image healthy, but to be able to serve Christ better by staying fit and healthy for God.

This goal will be met by a variety of activities from each grade specific curriculum. Teachers may enhance activities by bringing in special instructors and/or taking students on field trips.

**POLICIES**

1. **PE Strip**

* PE strip is required in order to be credited for participation
* To maintain good hygiene habits, it is essential that PE strip be different from clothes worn to other classes.
* Each student is required to have the following:
  1. Carver T-shirts and/or long sleeve
  2. Carver long sleeve shirt and/or zip hoodie
  3. Carver shorts and/or sweat pants
  4. White or black athletic socks
  5. 2 pairs of shoes – one for indoor and one for outdoor use.
* Students who arrive without strip will be marked “no strip” and will still be required to participate in class activities.
* Students must be prepared with appropriate outdoor attire when activities take place outside the gymnasium. (Eg. Light jacket, pants, etc.)

1. **Medical Excuses, Absences, & Notes**

* All students are expected to participate in PE classes. A note from a parent, guardian, or doctor may exempt the student from participation over one class or a short period. For exemption over a longer period of time, such as 1 week, a doctor’s note is necessary.
* Notes from home should be dated and should explain the specific injury and rehabilitation time. They must be written and signed by a parent or guardian. NOTES FROM HOME MEAN THAT THE STUDENT BRINGS STRIP TO CLASS IN CASE A MODIFIED PROGRAM CAN BE ASSIGNED.
* Notes from the doctor should include length of time the student should be excused from participation and recommendation for alternate activities that the student may participate in or specific exercises for rehabilitation for a speedy recovery.
* Students exempt from the participation may be asked to complete special assignments and projects that will be evaluated for marks.

1. **General Policies**

* Lockers are provided for DAY USE ONLY in the change room. Buy a lock and use it daily to help prevent thefts. LOCKER SECURITY CANNOT BE GUARANTEED. MONEY OR OTHER VALUABLE ITEMS SHOULD NOT BE BROUGHT TO THE GYM.
* Students must have a PE notebook. The notebook should be a one inch three ring hard cover binder, at the least. It will be used for policies, course outlines, handouts, and personal planning materials.
* SAFETY is everyone’s responsibility. Play should be active, but safe. Horseplay or endangering the safety of others will not be tolerated.
* Students should not leave the class at any time without the teacher’s permission.
* After changing back into appropriate Carver uniform for non-PE classes at the end of each class, students are to remain in a designated area until the bell rings for dismissal.
* Students will be responsible for extra fees for special events.

**EVALUATION**

REGULAR ATTENDANCE & ACTIVE PARTICIPATION ARE PREREQUISITES TO RECEIVING CREDIT FOR ALL PE COURSES.

**To determine student marks, four curriculum organizers will be used:**

1. Personal & Social Responsibility (eg. Attendance & appropriate PE strip) 10%
2. Movement (eg. Participation, effort) 50%
3. Active Living (eg, Tests, quizzes) 20%
4. Personal Health Related Fitness (eg. Fitness testing & labs) 20%
   * Fitness testing will be marked based upon the national standard and the student’s ability and effort to improve within themselves from test to test.