



SYMMES~ JUNIOR HIGH SCHOOL

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Physical Education Syllabus 2020-2021

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Cycle 1 Secondary (Grade 7 & 8): The focus will be on creating the mindset needed to continue to develop physical literacy throughout lifetime. Students will work towards developing the knowledge, skills, and attitudes that enable them to value, attain, and maintain a healthy, active lifestyle. Students will also be evaluated on continually participating actively, effectively, safely, respectfully and responsibly in a wide range of individual and group activities and games/sports. Our department promotes the “joy of effort” in activities and we believe in providing the element of fun and enjoyment through quality participation.

Physical Education has one Subject Specific Competency Weight (100%)

- Performs movement skills in different physical activity settings
- Interacts with others in different activity settings
- Adopts a healthy, active lifestyle
- Safe Participation and Fair Play

Term Evaluation Weighting: Term 1: 20%, Term 2: 20%, Term 3: 60%

Term Evaluation Breakdown (subject to change under current circumstances):

50% Quality Effort, Attitude, Preparedness, Respect towards self, peers, others and equipment in physical activities

30% Quiz, Test, Assignments, Journal

20% Skill, Fitness

Rules and Expectations:

- Respect: self, others and surroundings. All classroom rules are to be followed
- No food or drinks permitted in the gym
- It is your responsibility to attain missed work/fitness tests due to absences
- Safety is of great importance. Only students displaying appropriate behaviour and attire will be permitted to participate in physical activities. Equipment replacement and/or repair cost due to carelessness will be charged to the student responsible for the damage.
- **No electronic devices permitted during class, in gym or on student!**
- Appropriate gym clothes are required: t-shirt/sweat-shirt, athletic bottoms and running shoes.

Our mission is to foster a safe, caring, and respectful community in which everyone learns and achieves individual success.