**Pinetree’s 80/20 Rule**

**Your daily participation mark is out of 100.**

**TASK PERFORMANCE is 80% of your daily participation mark.**

**Task Performance** is effort and performance, following instructions, & staying on task.

**80/80**: You have laid it all on the floor, achieved all personal expectations, and followed all tasks and procedures.

To get over 80% you must perform specified leadership practices, higher level activities or attitudes.

**PERSONAL & SOCIAL CONNECTION is 20% of your daily participation mark.**

* **Cheer** others on
* Be **respectful** and **kind**
* Share **positive** **energy**
* Actively demonstrate **sportsmanship**
* Use **appropriate language and manners**
* **Smile** at all your classmates – smiles are contagious, free, and make your face look great!
* Learn and **use your classmates’ names** to create strong connections
* **Golden Rule**-Pursue the goal of **making somebody else’s performance and day better**

**Aussie Rules**

**PERSONAL & SOCIAL CONNECTION - be SAFE and FEARLESS:** Aussie Rules is a fun, crazy and sometimes intimidating football/soccer/rugby style game. Challenge yourself and help others be great

* **Actively make others feel safe** (specifically the more confident or aggressive players might be asked to back off a loose ball if a less confident student is making a move (let them get the contested ball and start the action in a safe unchallenged manner).
* In turn **less confident students are asked to FACE THE FEAR** -be brave and attack the ball – you are in a safe supportive environment.
* **Celebrate those that face the fear**!
* Understand that there are no accidents. If you run over somebody you are playing at an intensity level beyond your **control level**. **Find your zone** and work to improve your vision.
* The stars are asked to **make the assist** rather than the goal.
* Reflect and understand that **supporting and valuing all team members** makes them and your team stronger.
* Pursue **higher level game strategy**( i.e.-don’t chase the ball in little piles like grade 2’s chasing the soccer ball- demonstrate movement away from the ball to create open space.

**Golf**

**PERSONAL & SOCIAL CONNECTION - be a POSITIVE COACH:** Your role in this unit is to **reinforce good practice techniques** and **practice analytical and positive coaching**. The focus is on specific but simple objectives- together with a partner you must learn to analyze golf performance and skills.

* The **key teaching points** are clearly identified (for example in the full swing the student coach might be asked to check for: **good posture** at setup, turn the **back to the target**, turning the **front to the target**, and finish with **hands high** and **up on the back toe**). There is much more to a good golf swing but these are some of the most important and easily identifiable coaching points to help create good turn.
* While one student is swinging the **partner/coach must consistently encourage, analyze and give the appropriate advice**.
* To make analysis easier students are asked to **hold their finish every time so that golfer and coach can easily analyze a static position(**analyzing a swing in action is much more challenging**)**. Students are also asked to occasionally **hold their backswing position** for analysis.
* Because golf can be very dangerous, students must follow the **safety parameters** and are **responsible for each others’ safety**. (If your partner screws up you’ve screwed up).
* Practice **good golf etiquette**.

**Weight Training Unit**

**PERSONAL & SOCIAL CONNECTION: Be a GREAT personal trainer:** In this unit our focus moves from personal performance and more toward becoming a **personal trainer**.

\*A great personal trainer is knowledgeable, motivational, energetic, and sets high standards. Good is not good enough. You CAN be great and make a difference for your classmates.

* Do not allow an athlete to use a weight or machine until they can identify the exercise and muscles used.
* Communicate the **basic principles of basic workout programs** (3 sets of 10 reps).
* Help your athlete find the **appropriate weight** that will challenge them.
* Your **energy** has to be higher than your partners (energy is like water-it only flows downhill).
* Give **positive energy to your athlete** (use body posture, proximity, voice tone, eye contact).
* **Motivate them** to work past road blocks and achieve fatigue.
* **Demonstrate proper spotting** and how to assist through fatigue points.
* **Be a role model** with perfect technique and maximum effort.
* Make sure your athlete **completes his/her daily program** and **workout log.**
* Get feedback from your athlete on their **perceived exertion** for the day- **it’s a reflection of your success as a trainer and motivator**.
* Celebrate their achievement!

**Badminton**

**PERSONAL & SOCIAL CONNECTION - be an ATHLETE & a GREAT SPORT:** The focus on this unit is **athleticism** (footwork and intensity) and **sportsmanship**.

* Understand that badminton is a tough game and to be successful you have to demonstrate **great footwork, fitness and mental toughness**.
* The **deep clear** is fundamental to becoming a good player- give it everything! **Hit it hard**!
* Pick a partner that **you think you can help improve**.
* Pick a partner that **will challenge you**.
* **Dig deep** during footwork drills and games (this is a tough game).
* **Be smarter**- with a good clear you can start to **establish tactics** so stop and think what you are doing and do it!
* **Sportsmanship is first in badminton**. Give the close call to the opponent.
* Always **acknowledge a good effort or shot by your opponent**.
* This is an exhausting game-take time to reflect on your personal effort and that of your partner.

**Swing Dance**

**Take the fear out of socialization**. This is the safe time to be that person you really want to be. Be a **take charge chivalrous caveman** or a **humble princess**. It’s up to you- just give ‘er!

**PERSONAL & SOCIAL CONNECTION - be BRAVE & LAUGH:**

Rule #1 **Make someone feel special**.

Rule #2 Understand that **you can give someone energy** & **make sure it's always positive energy**!

Rule #3 Make connections - **ask & use names, ask questions, remember the answers**!

Rule #4 Switch partners - **maximize your leadership opportunities**

Rule #5 **Your social skills are what make you successful in all  areas of life**

Rule #6 Instead of seeking out your friends, **make someone new feel great**!

Rule #7 **Be fearless! Mistakes are just funny! And everyone likes funny**!

**Swing Dance**

**Doing the moves properly** is worth **50%** of your mark.

**Doing the moves with a smile and huge enthusiasm the whole time** gets you up to **80%**.

To go above and beyond that you need to **make your partner feel great**!

**Boys** - You have to take charge and lead - pull your partner.

**Smile** at your partner, **laugh** with them.

Help your partner to stand up each time by **offering your hand** to pull them up.

**Girls-** **Appreciate and acknowledge** the boys’ gentlemanly behavior.

**Ask them their name** and then use their name.

**Ask your partner a question** every so often.

**Tell them they are doing well**.

**Help your partner learn the steps**.

**Self Defense**

**PERSONAL & SOCIAL CONNECTION - be Humble, Focused & Intense**

Practice **respect** and **discipline** of a martial arts setting

* Move **quickly to attention** when requested by the instructor
* **Limited talking**
* Treat the activity with the **serious nature** it deserves
* **Manners** and a humble nature are always a priority(no ego’s allowed)

**Practice safely**- you are responsible for your safety and that of your partner

**Practice with an intensity** that reflects the importance of self-defense- one day your skills and attitude may save your life

Share your energy through **modeling**, **subdued coaching** and **encouragement** (it’s a little different in martial arts- not the usual cheering. Encouragement is more subtle)

**Volleyball**

**PERSONAL & SOCIAL CONNECTION - be FEARLESS & BOLD: This is a team sport where all members must be involved and committed**

* Be prepared to move, react quickly, and be involved
* **Stamp out fear**. Anxiety forces students into avoidance mode- Challenge it! Don’t look to others to make the play. Know your role and commit
* Take the shot and **make big mistakes full on**- that’s how you learn. Value that!
* When evaluating your teacher will ask **if you made your mistakes at full speed** (not in the holding back anxious kind of way)
* Practice **positive visualization**.
* **Support teammates** who are willing to **take the risk** to make improvements.
* **Value all members** on your team. Helping them get better makes your team better and the game better.
* Ask yourself- **did I make my team better today** so they are better tomorrow!

**Track and Field**

**PERSONAL & SOCIAL CONNECTION – develop an understanding of the relationship between technical development and activation level- be a great coach**

* Learn the key technical coaching points for each skill
* Analyze your peers’ technical performance and effectively communicate the technical improvements necessary
* Understand the transition from learning and practicing technical skills and performing at the appropriate activation or intensity level
* Celebrate with your peers when they achieve the zone of technical excellence and performance activation
* ALWAYS PRACTICE SAFELY!

**Fitness Activities**

**PERSONAL & SOCIAL CONNECTION –how can I think my way through challenge? Personal growth is our most important outcome.**

* Understand that challenging activities are an opportunity for personal growth. It is tough for everybody.
* Recognize that the payoff for quitting is short lived. You wont feel great later
* Understand that fatigue and struggle are good things- they are making you stronger- instead of feeling sorry for yourself celebrate it-its exactly what you want
* Having a clear understanding of your personal objectives- they help you fight off quitting or doubt.
* Think about how you will feel after the activity- You may be exhausted but you will feel proud. That payoff is powerful and long lasting- It’s something you would be proud to tell others about!
* Help others overcome their doubts by sharing positive energy
* Make a stamp on greatness- **Celebrate** your achievements and those of your peers!

**Softball**

**PERSONAL & SOCIAL CONNECTION – Softball is a very athletic sport that demands focus, commitment, intensity and team support: The activity time in softball is intermittent but when the ball is in play 100% intensity is required**

Before and during each play fielders must:

* know the rules and strategic best action to make before the play begins (play is to 1st, 2nd ,etc)
* be set athletically, physically, and mentally for quick action
* be committed and fearless when catching or fielding the ball
* Run and throw with full speed and power

Before and during each play the batter must:

* Set up perfectly
* visualize a successful hit
* Be technically excellent and take a swing (cut) at it- make a 100% commitment

**\*Softball is a High Risk/High Reward activity-Celebrate your teammate’s efforts!**

**Tennis**

**PERSONAL & SOCIAL CONNECTION - be an ATHLETE & MOVE: Tennis is a finesse sport that requires quick reaction, preparation, and fearless commitment to action**

* Be prepared physically and mentally for quick reaction.
* In tennis the most important thing is your position relative to the ball. Get there quickly!
* Get set early by turning your shoulders (get your racquet back!)
* Visualize a positive shot and commit to the action. Committed weight shift and follow through
* **Stamp out fear**. Anxiety forces students into avoidance mode- Challenge that!
* Holding back just to win points will inhibit your progress
* Take the shot and **make big mistakes full on**- that’s how you learn. Value that!
* **Value your partner’s efforts**. **Support teammates**. Ask yourself- **did I encourage my partners to hustle, take risks, and commit to solid shots**
* When evaluating your teacher will ask **if you made your mistakes at full speed** (not in the holding back anxious kind of way- let go of anxiety and commit)

**Basketball**

**PERSONAL & SOCIAL CONNECTION-be a great TEAMMATE**

* Basketball is a team sport! It requires **actively moving to open space** to get open, passing ahead of your teammate, good shooting technique and great body control.
* Some students will have strong basketball skills – in P.E. class you have the opportunity to **make your classmates perform better**! Instead of dribbling the ball end to end, **pass to your teammates**! This is your most important task if you are a skilled player.
* Be athletically and mentally prepared to engage in the game
* Some students may like basketball but may not have spent time developing strong skills – in P.E. class your job is to **be brave**! **Cut to open space**, **hold your hands up for the pass** and work hard at getting **involved in the play**
* Success in Pinetree P.E. basketball depends on making your teammates day better and feeling good about yourself!

**Soccer**

**PERSONAL & SOCIAL CONNECTION-PLAYMAKER & CHEERLEADER**

* Soccer is the most popular team sport in the world!
* Sharing the ball and using all team members is essential to success in a PE situation.
* **Actively make others feel safe** (more confident or aggressive players are asked to back off a loose ball if a less confident student is making a move (let them get the contested ball and start the action in a safe unchallenged manner).
* In turn **less confident students are asked to FACE THE FEAR** -be brave and attack the ball – you are in a safe supportive environment.
* **Celebrate those that face the fear**!
* Understand that there are no accidents. If you run over somebody you are playing at an intensity level beyond your **control level**. **Find your zone** and work to improve your vision.
* The stars are asked to **make the assist** rather than the goal.
* Reflect and understand that **supporting and valuing all team members** makes them and your team stronger.
* Pursue **higher level game strategy**( i.e.-don’t chase the ball in little piles like grade 2’s chasing the soccer ball- demonstrate movement away from the ball to create open space.

**Minor Games**

**PERSONAL & SOCIAL CONNECTION-FRIEND, HELPER, POSITIVE SPORTSMAN**

* **People always matter more than winning matters.**
* **If you are having fun and helping others have fun then you are winning.**
* **Commit to enjoying the various activities**
* **Find things to love and be playful with your classmates**
* **Encourage people around you and look for chances to make others smile.**
* **Help out your teammates and opponents if they are having trouble with rules or skills.**
* **Positive sportsmanship makes every game more enjoyable for all**

**Wrestling**

**PERSONAL & SOCIAL CONNECTION-SAFETY & PHYSICALITY**

* Be willing to go outside your comfort zone. This is a physically challenging sport. Be sensitive that this activity may be a challenge for many.
* Please be considerate to your classmates – shower, deodorize and wear clean clothing.
* Please, no tickling, play-fighting or rough-housing.
* Safety is key. You are responsible to ensure that your partner remains safe at all times.
* The physical demands of this unit will be intense. Be prepared with a water bottle.
* Pay attention to demonstrations as you will learn specific, complex technical skills.

**Netball**

**PERSONAL & SOCIAL CONNECTION- MOBILE & COOPERATIVE- perform your best and value all teammates**

* Netball is a fast paced game with rules that promote great teamwork.
* Specific positions are limited to certain zones and actions.
* Sharing the ball and using all team members is essential in netball.
* Cutting to quickly move into open space will create space for an open pass.
* Great netball players are always moving, changing speeds and directions.
* Eye contact with teammates and holding a hand out where you want the ball are key.
* Enjoy this great team game!

**Football**

**FOOTBALL**- This unit focusses on peer coaching the mechanics of throwing, catching, and running patterns. Football is one of the most team focused sports. Supporting, involving, and valuing all teammates is significant

* **PERSONAL & SOCIAL CONNECTION-be a supportive coach and teammate with high standards for mechanics**
* Throwing a football properly requires an understanding of the basic mechanics of that action. Students will peer coach the specific steps and mechanics. Proper grip, setup weight shift, shoulder turn, release and follow through.
* Receivers need to FACE THE FEAR and attack the ball with their hands(as opposed to the safer basket type catch). Catching with the hands on a full run pattern is difficult. Teammates need to reinforce these attempts with positive reinforcement
* Patterns must be run perfectly to allow for pattern coordination, higher level strategy, and evasion of defenders. The quarterback needs to know exactly where to throw a lead pass. Students must set high expectations of themselves and peers
* Football is a team sport. Value and include all members to make the team stronger

**Canoe**

Focus on safety practices and technical procedures with positive peer coaching. The focus is on specific but simple objectives- together with a partner you must learn to perform skills in the safest manner possible.

**PERSONAL & SOCIAL CONNECTION - be a POSITIVE COACH:**

* You are responsible for the safety of your peers. (If your partner screws up you’ve screwed up).
* Reinforce proper procedure with your partner. Point out dangerous practices before they happen
* Proper technique is necessary for success with canoeing. Know the strokes and check for understanding with your partner. Set high standards for performance. Your role as coach will make a difference!
* Always be encouraging and practice good etiquette.
* Remember **common sense** is KING. Have it ready for action.

**Archery**

Focus on safety practices and technical procedures with positive peer coaching. The focus is on specific but simple objectives- together with a partner you must learn to perform skills in the safest manner possible.

**PERSONAL & SOCIAL CONNECTION - be a POSITIVE COACH:**

* You are responsible for the safety of your peers. (If your partner screws up you’ve screwed up).
* Reinforce proper procedure with your partner. Point out dangerous practices before they happen
* Proper technique is necessary for success with canoeing and archery. Know the key teaching points and check for understanding with your partner. Set high standards for performance. Your role as coach will make a difference!
* Always be encouraging. Practice good etiquette.
* Remember **common sense** is KING. Have it ready for action.

Coaching Points: Coaches must stand near your athlete at all times and coach at all times.

**Stance** - Shoulders and feet aligned with the target. Chest out, perfect posture, take a breath.

**Loading** – Point arrow down & towards target!Arm on Top, Arrow on Top, Single feather on top.

**Drawing**– Fingertips only–not finger joints! (3 - 4 fingers). Draw bowstring to mouth. Elbow high.

**Aiming** – Right eye – tip of the arrow and bulls-eye all in line. Adjust aim according to result.

**Canoe/Archery**

Focus on safety practices and technical procedures with positive peer coaching. The focus is on specific but simple objectives- together with a partner you must learn to perform skills in the safest manner possible.

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**Ultimate**

**PERSONAL & SOCIAL CONNECTION-be GRACIOUS & SPIRITED**

-Ultimate is a phenomenal co-ed team sport with a spirited social tradition.

* Ultimate players referee themselves and prioritize being good sports!
* Cheer your teammates and opponents for their good plays
* Every player must always be moving
* Ensure that every player on your team gets regular turns catching and throwing the disc.
* Controlled, short passes are the key to success in moving the disc towards the end zone.
* Cutting into open space for your teammates is key.
* Predict the flight path of the disc based on how it was thrown.
* Pivot and master the backhand toss as well as the more difficult flick and tomahawk toss.

**Pickleball**

**PERSONAL & SOCIAL CONNECTION - be an Athlete, Great Teamate & MOVE: Pickleball is a team sport that requires quick reaction, preparation, and fearless commitment to action**

* Be prepared physically and mentally for quick reaction.
* In pickleball the most important thing is your position relative to the ball. Get there quickly!
* Get set early by turning your shoulders (get your racquet back!)
* Visualize a positive shot and commit to the action. Committed weight shift and follow through
* **Stamp out fear**. Anxiety forces students into avoidance mode- Challenge that!
* Holding back just to win points will inhibit your progress
* Take the shot and **make big mistakes full on**- that’s how you learn. Value that!
* **Value your partner’s efforts**. **Support teammates**. Ask yourself- **did I encourage my partners to hustle, take risks, and commit to solid shots**
* When evaluating your teacher will ask **if you made your mistakes at full speed** (not in the holding back anxious kind of way- let go of anxiety and commit)
* Team strategy and coordination is critical for the competitive edge