



Welcome to Physical & Health Education!

Dear Parents/Guardians of

Student Name (First, Last)

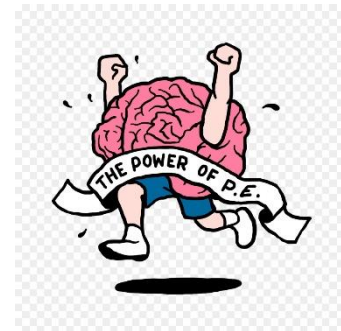
Student Number

Grade

Block/Period

The **Physical Education (8, 9, or 10)** program is designed to provide students with the opportunity and tools to acquire the skills, knowledge, and attitudes needed to attain a healthy lifestyle and develop their potential; physically, intellectually, emotionally and socially.

Throughout the course, students will engage in a variety of learning activities including team and individual skill development, personal fitness goals/endeavors, and participation in individual and team sports/games. Lessons are designed to promote health and wellness, fitness, develop fundamental and sport specific movement concepts, improve knowledge of motor skills, encourage active participation and leadership, and foster an environment of positive self-esteem.



To benefit from and be successful in Physical Education, students must actively engage and participate in the learning process and work to develop an inclusive appreciation and active interest in health, wellness, fitness, and physical activity. These are the expectations for a successful completion of the PE program:

1. Students are to **attend** all classes and be **on time**.
2. Students are expected to bring and wear full **PE strip** (appropriate footwear and clothing required)
3. Students **must write** all quizzes and complete assignments (it is the student's responsibility to make these up immediately upon return).
4. Students are expected to participate in every activity to the **best of his/her ability**. Students are expected to **help** and **encourage** classmates whenever possible, as well as **assisting** with the setting up and taking down of equipment.
5. Students are to engage in **cooperative, supportive, and respectful behaviour** to create and facilitate the best possible learning environment for everyone.

More information can be found in the PE course outline. A copy can be accessed through our class website at <http://blogs.ubc.ca/msseto/> This website will be updated on a regular basis and will provide important class information and access to other resources. If you need to get a hold of me you may reach me by email: srseto@vsb.bc.ca or by phoning the school at 604-713-8984. Additionally, you can provide your current email address and/or phone number so I can send you progress reports as needed.

Evaluation:

Personal & Social Responsibility 30%

- Attendance, leadership, PE Strip, behavior, effort, attitude, participation, cooperation, respectful to teacher/classmates/yourself

Physical Fitness 30%

- Fitness testing and timed runs

Skill 30%

- Skill acquisition, improvement, ability to transfer skills and game knowledge

Quizzes (written) 10%

*percentage allotments may differ depending on unit

Return to this bottom portion to teacher

Student and Parent/Guardian Acknowledgement

Parent name and phone number: _____

Parent email address: _____

Student Name

Parent/Guardian Name

Student Signature

Parent/Guardian Signature

I hope this will be a great semester and I wish your son/daughter a great year of learning ahead!

Physical & Health Education – Strengths & Goals for My Year

Welcome to PE!

Please take some time to answer the following questions and reflect on your health, fitness, and wellness.

1. What are some of the things you enjoy most about PE class?
2. What are some of the things you would like to see incorporated in PE class?
3. What are some of your strengths in PE (including all aspects of health, wellness, fitness, and recreation)?
4. List at least 3 goals you would like to set for yourself this year in PE.
5. What has your result/mark been in PE in the past?
6. What result/mark do you hope to achieve this year?

