



Nose Creek School
***Physical Education &
Health Course Outline***
Grades 4 - 9



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PE - Phone: 403-817-3360 ext 2128

Grade 4 P.E. – Gail Pond, Charlene Nieman, Scott Price, Donna Logan, Kate Malayko

Grade 5 P.E. –Clifton Baker, Kate Malayko, Kari Mcleod, Scott Price, Donna Logan

Grade 6 P.E. – James Wood, Cade Slusar, Scott Price, Kate Malayko, Donna Logan

Grade 7 P.E. – Lindsay Farrell, Tara MacDonald, Kate Malayko, Scott Price, Donna Logan

Grade 8 P.E. – Michele Midyette, Lindsay Thouret, Scott Price, Donna Logan

Grade 9 P.E. – Scott Price, Donna Logan, Kate Malayko, David Stone

The Physical Education program at Nose Creek School seeks to provide students with an opportunity that enables all students to enhance their quality of life through life long fitness and a healthy active living.

Students in Grades 4 – 9 all participate in daily physical education class, which lasts 52 minutes on Monday – Thursday. Fridays are a Flex Friday with homerooms running a DPA during their Physical Education period for 42 minutes. The Unit Plans and updated information around school activities and sports is always listed on the NCS Kodiak PE Blog.

Students are required to change into alternate clothing and indoor gym shoes (athletic shoes/shorts/pants/t-shirt) for each gym class throughout the year and need to be dressed appropriately if they are going outside for class. Students have gym bags in Grades 4 – 6 and gym lockers in Grades 7 – 9. Grade 4 students we have bags already ordered for you and ready to start the year! In Grade 5/6 students can bring their own draw-string gym bag or purchase a new one for \$5.00 from the PE Office.

Kodiak Gym Strip is available for purchase and almost all students wear the Kodiak Gear throughout the year and for Athletic teams. We have Kodiak T-Shirts that are Black and cost \$15.00 along with Kodiak Gym Shorts that cost \$15.00.

If you would like to purchase Kodiak Gym Strip please print off the gym strip form or pick one up from the office and have your son/daughter bring it to the PE Office to receive their new 2016/2017 gym strip!

Physical Education Assessment:

Outcome 1 – Cooperates to demonstrate fair play and teamwork

Outcome 1 is assessed a daily grade on the 4 point scale throughout our P.E. Units as students participate with their peers in activities, competitive and cooperative games, challenges and situations in each class. At the conclusion of each Unit students will receive an overall grade on the 4 point scale.

Outcome 2 – Performs and refines movement skills

Outcome 2 is assessed a on the 4 point scale throughout each P.E. Unit concerning the performance and refinement of skill. Each unit has between 4 to 8 specific skill sets that are taught by our P.E. staff at grade level expectations. In grades 4/5/6 teachers will assess the performance and the improvement/refinement of skill on a unit-by-unit basis. Students in Grades 7 to 9 will self-assess if they can *perform* specific skills on an ongoing basis via the Kodiak Lifestyle Survey. Physical Education teachers will assess if students in Grade 7 to 9 can perform and refine skills on a unit-by-unit basis.

Outcome 3 – Explores strategies for leading a healthy, active way of life.

Outcome 3 will be assessed via an online survey and it is called ***Kodiak Lifestyle Survey***. It is important students are exploring all aspects of leading a healthy and active life inside and outside the classroom. Our survey has approximately twenty questions that students will self-evaluate. These questions will focus on the performance of skills, effort, participation, nutrition and social well being. Students will complete the *Kodiak Lifestyle Survey* on an ongoing basis. Grades 4 – 9 must complete the survey online with the Nose Creek students specific Google Account and is due before the date listed online on our P.E. Blog (<http://kodiakpe.weebly.com>)

Student Expectations:

1. Students must be changed and ready for class 5 minutes after the starting bell.
2. Students must wear appropriate P.E. clothing and footwear (**Acceptable gym strip consists of gym shoes with non-marking soles, athletic shorts or sweat/track pants and socks. Kodiak Gym Strip - shirts and shorts can be purchased from the P.E. department.**)
3. Students should not wear jewelry (earrings, watches, bracelets, rings, necklaces etc.) to class.
4. Students should leave ALL valuables in their classroom lockers, **NOT in the change rooms**. The **NCS – P.E. department** is not responsible for lost or stolen items (**NO Cell Phones and IPods allowed in physical education class**).
5. Students are not allowed to chew gum during class.
6. Students must follow proper safety procedures.
7. Students must report **ALL INJURIES** to their teacher immediately after they happen.
8. Students are to be dismissed by the teacher... NOT the bell!

Health:

At Nose Creek School our Health program is integrated in our daily Physical Education class. Each student will participate in Health apart of the P.E. program which means they will move in and out of class during the school year for specific Health criteria and a required amount of class time.

In Grades 4 – 7 students have one day a week where they will participate in Health instead of P.E. Students in Grades 8 and 9 are in P.E. for three straight weeks and then have one week of Health and rotate on this schedule throughout the year.

Health Program of Study

<http://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317413#>

Health Months

October – November - Overview of Wellness Choices

January – February - Overview of Lifestyle Choices

April - Overview of Relationships

If you have any concerns with Health please send an email to Scott Price, Donna Logan or Kate Malayko,

Kodiak Physical Education Team!