

**QUEEN ELIZABETH HIGH SCHOOL
PHYSICAL EDUCATION 10
COURSE OUTLINE
2025-2026**

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“The aim of the Kindergarten to Grade 12 Physical Education Program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.” (Alberta Education, Physical Education Program of Studies). Alberta Diploma requirements state that students must successfully complete at least Physical Education 10 in order to graduate.

We understand that each student has different skills and abilities. Knowing this, we work to create an environment where students support and encourage their classmates as they strive to achieve *their* personal best in *all* activities. Our goal is to teach students to value and strive for a physically active, healthy lifestyle.

Outcomes:

Activity: *Students will* acquire skills through a variety of developmentally appropriate movement activities.

Benefits Health: *Students will* understand, experience, and appreciate the health benefits that result from physical activity – including the mental, emotional, and social benefits that are attributed to being physically active.

Cooperation: *Students will* interact positively with others as they demonstrate fair play, teamwork, and leadership.

Do it Daily for Life!: *Students will* assume responsibility to lead an active way of life as they assess their effort, understand safety requirements, set goals and personal challenges, and demonstrate active living in the community.

Program Overview

All students enrolled in the **PE 10** are required to pay activity fees to cover the costs of guest instructors and off-campus trips, which includes service providers, transportation, and facility and equipment rentals. Students are not reimbursed if they are absent on a given day since the costs are determined by the number of students registered in the PE Program. **You can pay these fees online via PowerSchool.**

Please refer to the schedule for all off-campus activities. Students have been given a hard copy of the schedule. The schedule is posted outside the Sr. Gym and can also be found on the QEHS website under Teaching and Learning.

EXPECTATIONS:

Be Prepared for Class – Students are expected to change into appropriate athletic wear for all classes. Athletic shoes must be worn for all classes. When students are going outside or participating in an offsite activity, students should change into clothing that is appropriate for the weather and/or activity.

Be Present/Be on Time/Be Active – Students who attend regularly and who actively participate experience success. Students are expected to change quickly, be on time, demonstrate cooperation and teamwork, and strive to achieve their personal best.

Non-Participation due to medical reasons

When students are absent for any reason, parents/guardians are expected to notify the main office.

If students have a medical concern or injury that will affect their participation in Physical Education, students are expected to submit a parent/guardian note or email. For extended periods, students are expected to provide a note from a medical professional that states the extent of the injury and the expected time period for recovery.

Locks/Change rooms

All High School students are encouraged to use a PE locker to secure their belongings for the duration of the semester in which they are enrolled in a PE class. Students are expected to store their clothes and belongings, including mobile phones, in their *own* gym locker.

Assessment and Reporting

Ongoing teacher assessment and feedback combined with student self-assessment is used to support student achievement. Students are assessed in relation to the outcomes listed above: Activity; Benefits Health; Cooperation; and Do it Daily for Life. Please refer to the Assessment Outcomes & Weighting chart below for more information. Students have access to their marks and feedback from teachers through PowerSchool.

It is difficult to provide feedback and accurately assess student achievement when a student is frequently absent. Limited participation due to unexcused absences will impact a student's ability to demonstrate the learning outcomes required to be successful in PE.

Acknowledgement of Risk Form– IMPORTANT INFORMATION

This form must be returned to the student's teacher in order for a student to attend any of the off-campus trips/activities. In addition, please complete and return the attached Climbing Wall form.

QE PE 10/20/30 Assessment Outcomes & Weightings: 2025-26

General Outcome A Activity: Acquire (improve/refine/adapt) skills through a variety of developmentally appropriate movement activities. 20%	-demonstrating a <u>well-developed level of skill</u> in a wide range of activities -acquiring and <u>improving skills</u> and knowledge -being <u>focused</u> and open to instruction and feedback during skill development -understanding <u>rules and strategy</u> required to successfully participate -applying the relationship among skills, <u>rules and strategies</u> in the playing of games -developing and combining more challenging activity & sport-specific skills in a <u>variety of environments</u>
General Outcome B Benefits Health: Understand, experience and appreciate the health benefits that result from physical activity 20%	-demonstrating a <u>positive attitude</u> toward physical activity -willingness to try new or unique activities -demonstrating and reflecting upon ways to achieve a personal functional level of <u>physical fitness</u> -understanding the impact of the media and peer influences on body image -understanding the positive <u>benefits</u> gained from physical activity -understanding the <u>consequences and risks</u> associated with an inactive lifestyle
General Outcome C Cooperation: interact positively with others (demonstrate fair play, leadership, and teamwork) 30%	-demonstrating positive and cooperative interactions with peers -demonstrating <u>respect</u> for self and others -demonstrating <u>fair play</u> and sportsmanship -developing and applying skills that contribute to <u>teamwork</u> -applying <u>leadership</u> and followership skills related to physical activities -encouraging and <u>supporting others</u> to participate and enjoy games and activities, regardless of their skill or ability
General Outcome D Do It Daily For Life: Assume responsibility to lead an active way of life 30%	-demonstrating a <u>strong effort</u> in all activities -demonstrating a willingness to <u>actively engage</u> in all fitness and warm-up activities -demonstrating a commitment to an active lifestyle through <u>participation</u> in class -following and applying <u>safety</u> standards and <u>rules, routines and procedures</u> in a variety of activities and settings -wearing clothing and footwear that is appropriate for the activity -demonstrating <u>etiquette</u> that is appropriate for the activity/setting (e.g. off-campus at public curling rink, squash court, billiards, bowling) -developing a personal plan that is <u>self-motivating</u> and encourages ongoing participation -determining short and long-term <u>activity goals</u> -performing <u>service, leadership and volunteer</u> work related to physical activity, in the school and/or community -showing <u>initiative</u>

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