

QUEEN ELIZABETH HIGH SCHOOL
Jr. High Physical Education
Course Outline – Grades 7/8/9
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).

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 – which include 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.

Expectations:

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

Locks/Change rooms

All students are encouraged to use a PE locker to secure their belongings. Students are expected to store their clothes and belongings in their *own* gym locker. Mobile phones are to be stored in their hallway locker for the day, not in their gym locker.

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. It is difficult to accurately assess student achievement and to provide ongoing feedback when

a student is frequently absent or chooses not to participate. Students are provided with a variety of opportunities to develop skills, work cooperatively, and improve their fitness. It is each student's responsibility to take advantage of these opportunities at a level that sufficiently challenges their current skills and abilities in these areas.

Absences/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.

Assessment and Reporting

The three Assessment Stems for Physical Education are:

Stem 1: Performs and refines movement skills

Stem 2: Cooperates to demonstrate fair play and teamwork

Stem 3: Explores strategies for leading a healthy, active way of life

Ongoing teacher assessment and feedback are used, combined with student reflection and self-assessment, to promote and support student achievement. A Four-Point Rubric is used to assess and report on student achievement throughout the year as well on the report card:

4 – Excellent (Exemplary): The student demonstrates a **mastery level** of understanding

3 – Good (Proficient): The student demonstrates a **well-developed level** of understanding

2 – Basic (Developing): The student demonstrates a **developing level** of understanding

1 – Not Meeting (Beginning): The student demonstrates a **beginning level** of understanding

Please refer to the Jr. High Assessment Stems/Outcomes chart on the QEHS website for more information. Students have access to their marks and feedback from teachers through PowerSchool.

If you have questions, please contact your child's teacher for more information.

Sincerely,

QE PE Team