



### Physical and Health Education 8 Course Information

**Philosophy:** to enable all learners to enhance their quality of life through active living.

In Physical and Health Education 8, students will be introduced to a variety of team and individual sports. Principles of fitness and nutrition will be taught.

Physical Education classes will explore indoor and outdoor activities. Students are required to be prepared to participate in BOTH indoor and outdoor activities each day, regardless of weather conditions.

The course will take place from September to the end of January. Student participation is essential to success. Each student must attend regularly, demonstrate a willingness to learn, and put in a solid effort regardless of skill level.

#### Core Competencies:

- Communication, thinking, and personal/social

#### Big Ideas:

- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- Healthy choices influence our physical, emotional, and mental well-being.
- Healthy relationships can help us lead rewarding and fulfilling lives.
- Advocating for the health and well-being of others connects us to our community.

\* Activities may include indoor/outdoor, individual, dual and team pursuits. Further description of the PHE 8 curricula is available on the BC Ministry of Education website.

### Student Expectations

#### Attendance

Attendance and active participation in PHE 8 is required. A note may be required upon returning to class for missed PHE classes and only absences of illness, medical appointments, school functions and other unavoidable reasons are considered excused absences. Students need to ensure parents/guardians make contact with the school regarding absences. Students are expected to communicate via MS Teams if they will miss any class.

#### Punctuality

Students need to arrive on time for class. The class may be leaving Argyle school grounds when class begins.

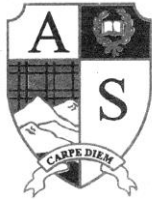
#### Equipment/Materials needed

Students are expected to have appropriate athletic attire for each class. This can be shorts/track-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must wear appropriate clothing for the weather, including warm/dry clothing when the class is outside. In addition, students are encouraged to include a water bottle as part of their everyday gym strip.

#### Assessment

Will be made in the following curricular competencies: Physical Literacy, Healthy and active living, Social and community health, Mental Well Being.

Evaluation may include assignments, self-assessment, teacher observation, and daily participation.



# ÉCOLE SECONDAIRE ARGYLE SECONDARY SCHOOL

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## Field Trips

Argyle's PHE students will participate in out of school field trips in the community for various recreation activities. Argyle PHE students will participate in classes of school property, at local parks, in local trails and will involve students running, walking, or biking in the community. It is the student's responsibility to transport themselves to these locations. Please note, carpooling is not recommended by the NVSD.

Please complete the "Walking Field Trip" form located on your school Cash Online account.

Please read the Informed Consent (*Located on the Programs and Services/Physical Education section of the website*), then sign and return the attached *INFORMED CONSENT APPROVAL* form.

### ONE-DAY FIELD TRIP INFORMED CONSENT APPROVAL

Class/Purpose: Physical and Health Education 8

#### PARENT/GUARDIAN PERMISSION

A student must have parent/guardian written and signed permission in order to participate in any field trips. Without this signed consent, students will not participate in any field trips.

#### PARENT/GUARDIAN CONSENT

I, \_\_\_\_\_, have read the full Informed Consent document that pertains to my son/daughter \_\_\_\_\_'s field trips to various activities/locations. I am aware of the behavioural expectations of my child while attending this field trip, and that there will be consequences for non-compliance, which may include, but not be limited to, being sent home with a chaperone escort at my/our expense. I am aware of the inherent risks and potential consequences that may occur on this field trip. My signature here indicates that my child has my informed consent to attend the field trip.

Signed \_\_\_\_\_

Dated: \_\_\_\_\_

#### PLEASE RETURN THIS MEDICAL/INFORMED CONSENT APPROVAL FORM TO YOUR TEACHER

Name of Student: \_\_\_\_\_

Please note any health problems, physical restrictions, emotional difficulty, behaviour challenges, or other factors that may limit participation in Physical Education:

\_\_\_\_\_  
\_\_\_\_\_

Please note any serious injury or medical condition that would require special first aid treatment should another injury occur:

\_\_\_\_\_  
\_\_\_\_\_