

## PHYSICAL & HEALTH EDUCATION 8 Course Outline

Teacher: **Mr. Duffy**

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Grade 8 Physical & Health Education (PHE) aims to empower students to develop a personalized understanding of what healthy living means to them as individuals and members of society in the 21st century. The PHE curriculum focuses on well-being — the connections between physical, intellectual, mental, and social health. This approach aligns with those of jurisdictions across Canada and throughout the world to promote a deeper and more holistic understanding of overall health and well-being in students. PHE is designed to develop the knowledge, skills, and understandings that students need for lifelong physical health and mental well-being.

The PHE curriculum highlights the interconnections between an individual's health and his or her well-being, the connections between physical and mental health, the importance of positive interpersonal relations, and how interactions with the community affect overall well being. As well, the PHE curriculum aims to develop students who have the knowledge and confidence to promote their own health and well-being by maintaining healthy habits. The goal is for students to recognize and change unhealthy behaviours and, at the same time, advocate for the safety, health, and well-being of others. The big ideas as developed by the Ministry of education are as follows:



For more details on the curriculum, visit the Ministry of Education curriculum link:  
<https://curriculum.gov.bc.ca/curriculum/physical-health-education/8>

### **Assessment**

- Participation, teamwork, and leadership / Skill development/ Cognitive assessment



## Student Expectations

### Attendance

Attendance and active participation in PHE 9 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 should be in gym strip, ready to go, within five minutes of the starting bell.

### Equipment/Materials needed

Students are required to have a change of clothes each day. This can be shorts/track-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must be prepared with 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.

### Lockers

Please bring a lock to class every day (keep this in your bag) to secure your bag and personal items in a locker. Our PE facilities do not have space for your bags or personal items. These will become safety hazards. There are day-use lockers available for students and we request students to them to keep your belongings secure.

### Cell Phone Policy

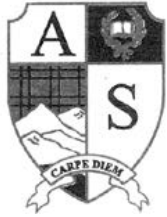
Students should not have their cell phones in class. Cell phones should be locked in lockers. It is tough to swing a racquet or dribble a basketball while holding your phone.

### Assessment

Will be made in the following curricular competencies: Physical Literacy, Healthy and Active living, Personal and Social Responsibility, Social and Communication. Evaluation may include assignments, self-assessment, teacher observation, and daily participation.

### 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 or walking in the community. It is the student's responsibility to transport themselves to these locations. Please complete the "Walking Field Trip" form located on your school Cash Online account.



# ÉCOLE SECONDAIRE ARGYLE SECONDARY SCHOOL

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

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

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

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

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