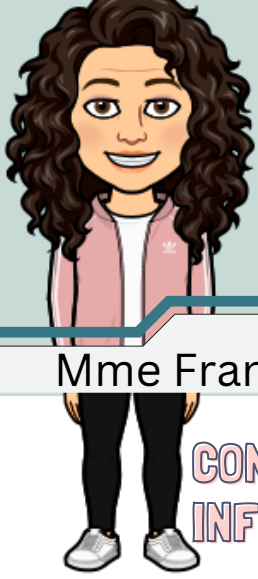
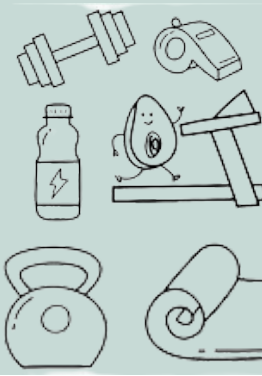


# ÉDUCATION PHYSIQUE ET SANTÉ

## éducation physique et santé

# 8

course syllabus 2024-2025 period 4



Mme Francis

### CONTACT INFORMATION

### PHE POLICIES AND PROCEDURES:



Lockers are available to PHE students to secure their belongings – please provide your own lock.

Absences from class must be reported through the school attendance. Students with a number of absences may be assigned a grade of "NE" – no evidence, as they have not participated in enough classes to be assessed

Students with a medical exemption must report to their teacher with a note signed from their parent/guardian. They are expected to attend and contribute to the class in other ways if appropriate

PE Clothing – students must wear appropriate athletic clothing including shoes in order to participate safely in PE classes. If we are outside, make sure you dress for the weather! Students will not be permitted to participate without this clothing



Questions on specific projects or assignments  
Comment directly on Teams or message  
**Alysia Francis**



Parents/Guardians  
Email: [afrancis@sd44.ca](mailto:afrancis@sd44.ca)



### 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

## CURRICULUM

### Curricular competencies

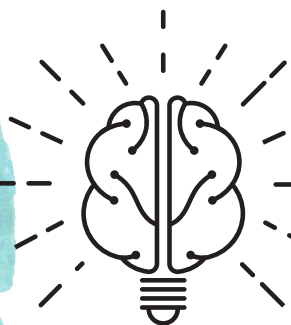
*Covered in isolation or on a cyclical basis.*

At the heart of our course are the questions:

- “What can we do to be physically active and why is this important?”
- “How do we interact with others during physical activity?”
- “What is healthy living?”

To do this we practice skills and processes called **Competencies**, of which there are 4:

- Physical literacy
- Health and Active Living
- Social and Community Health
- Mental well-being



For more information about the competencies, visit: [Building Student Success - B.C. Curriculum \(gov.bc.ca\)](https://www2.gov.bc.ca/gov2/education/secondary/curriculum/Building-Student-Success-B-C-Curriculum)



Aboriginal knowledge and worldviews have been embedded in the curriculum in authentic, meaningful ways and we will have multiple opportunities to understand and respect learners' own cultural heritage as well as that of others.





# ASSESSMENT

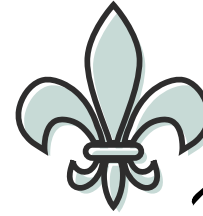
Students will be assessed according to the Provincial Proficiency Scale

The Provincial Proficiency Scale	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
	The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

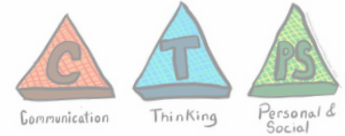


As this is a French Immersion class, participation and speaking French will be catalysts for success. MyEd BC will be used to share your progress with you and your parents at Term End. Rubrics with proficiency scales are regularly updated on Teams. See me if you have any questions.

- Involves both teacher and student in a process of reflection and review concerning progress
- Involves both teacher assessment and student self-assessment/goal setting
- Provides students with information on their own achievement and prompts them to consider how they can continue to improve upon their own personal health and fitness goals



SELF-REFLECTION & ASSESSMENT ROOTED IN THE CORE COMPETENCIES



INFORMATION on the NEW REPORTING ORDER



<https://bit.ly/REPORTORDERBC>

# CLASS EXPECTATIONS



## MUTUAL RESPECT

treating students, teachers, and the learning space with respect and safety

# CELL PHONES & ELECTRONIC DEVICES

Across all NVSD secondary schools, access to and use of personal digital devices will not be permitted during instructional time. At the teacher's discretion, an exemption may be made when the use of such devices supports a specific curricular objective and is part of instructional planning. Cell phones & Ear Buds are to remain in your bags or locker at all times. Music will be played during class from the teacher's device only. Thank you for respecting our PHE classes' policy.



## EFFORT & ENGAGEMENT

taking responsibility for one's actions, being ready to participate in proper PE attire, attendance, work habits, exertion level, expected workload, deadlines, and progress



## LEADERSHIP

taking initiative to include others, help classmates, set up and clean up equipment

# HEALTH CLASSES

As Health is such a large component of the PHE curriculum, we will be appointing Wednesdays as our days for Health classes (which will occur every two weeks.) These classes will be held in Room 104 next to the PHE change rooms. Students will not need to change on Wednesdays.

