**Oak Bay Secondary School – Physical Education Department**

**Course Expectations**

1. **PE Strip**

This includes shorts or track/sweat pants, t shirt (no tank tops allowed) and running shoes. Please be prepared to go outside for some units and have weather appropriate clothing.

1. **Attendance**

Regular attendance is a requirement as PE is a participation course. Frequent absences and lates will affect the outcome of your term and final mark.

1. **Excused Absences/Participation**

A note from a parent or guardian excusing an absence must be provided the first class back after a missed class. This will excuse the student from the missed class or classes and will not affect his/her participation mark. If a student has a legitimate medical problem, a written note explaining the issue must be given to the PE teacher on the same day the student cannot participate. The note should indicate how long the student is unable to participate in PE class. If a student is to be excused for longer than a week, a doctor’s note is required explaining the nature of the injury or illness and the length of time to be excused.

1. **Curriculum**

The PE curriculum consists of 9 units that average 4 weeks in length. This is approximately 12 classes per unit. The units include: soccer, basketball, field hockey, weight training/fitness, volleyball, minor games, badminton, tennis, flag football, rugby, track and field and softball.

**Grading Procedures**

1. **50% - Active Participation**
* Effort
* Attitude
* Cooperation
* Responsibility
* Daily attendance in proper PE strip
1. **50% - Activity Achievement**
* Game Play
* Skill Development

|  |
| --- |
| EVAULATION IS A DAILY, CONTINUOUS PROCESS, ACTIVE PARTICIPATION IS A BASIC COURSE REQUIREMENT  |