

PRINCIPAL

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Calgary Board of Education

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Welcome to Physical Education at CBe-learn!

Over the past year CBE-learn has updated our Physical Education program to improve our alignment with the program of studies and to improve the quality of physical activities and instruction experienced by our students.

As a result of this update, the expectations for students and their families in the Physical Education program will include:

- Attendance at an orientation session, September 7, 8 or 13 (see times below).
- Students are expected to participate in a pre-course and post-course fitness assessment, as well as an introductory Elluminate (online) meeting session.
- Students are expected to complete most of their activity component under the supervision of a qualified supervisor who can verify their activity in their activity log. Student must complete and verify a minimum 85 hours of physical activity from a variety of activities. (For PE 10-3 the requirement is a total of 50 hours)
- Students must be committed to being active and engaged in the course weekly. Students who do not check in weekly may risk being deactivated in the course.
- Students will be expected to participate in a variety of developmentally appropriate movement activities consistent with the Alberta Education Program of Studies, including: dance, games, types of movement activities, individual activities in an alternate environment; e.g. aquatics and outdoor pursuits.

More information on the Program of Studies can be found at

<http://education.alberta.ca/teachers/program/pe.aspx>

Orientation Session (30 minutes)

The purpose of the orientation session is to introduce students and their parents to the program of studies as well as to the duty of care considerations for a Physical Education program, including appropriate activity choices and supervisor requirements.

Students will not be given access to their Physical Education course materials until they have attended this orientation session with their parents.

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Fitness Assessments (60 minutes)

The purpose of the fitness assessment is to provide a baseline measurement of a student's physical condition prior to beginning the Physical Education program. Students set goals according to their pre-course fitness assessment, and are measured against those goals as part of their assessment in Physical Education at the end of the course.

Sign Up is Required

Students must sign up for an orientation session between August 29th and September 12th by logging in to their D2L Home and finding the PE Fitness Assessment Sign Up. If a student cannot see this signup, email tadalton@cbe.ab.ca.

Students may sign up to do the assessment either before or after their parent orientation, but the **student must attend an orientation as well as an assessment to gain access their PE program content.**

The schedule for the sessions is:

- 4:00 – 5:00 Pre course fitness assessment
 - 5:00 – 5:30 Parent and student orientation
 - 5:45 – 6:45 Pre course fitness assessment
- * the 5:30 – 6:30 session on September 8 will be for girls only

Location: **NEW** Ernest Manning High School (20 Springborough Blvd S.W).

Any questions or concerns regarding the Physical Education program or the pre-course orientation or fitness assessments should be directed to Tracy Dalton, Learning Leader, Physical Education and CTS, tadalton@cbe.ab.ca.

Yours truly,

Karen Bird
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