

Cbe-Learn Physical Education Junior High Parent Handbook



Philosophy

Physical and Health Education Canada (PHE Canada) believes that quality daily physical education in schools is essential to the healthy development of Canadian children and youth. All children need and deserve quality, daily physical education – it is an essential part of childhood development, and an opportunity that can access virtually every child in Canada.

QDPE is a well-planned school program of compulsory physical education provided for a minimum of 30 minutes each day to all students (Kindergarten to grade 12) throughout the school year. A QDPE program includes:

- Daily curricular instruction for all students (K-12) for a minimum of 30 minutes.
- Well planned lessons incorporating a wide range of activities.
- **A high level of participation by all students in each class.**
- An emphasis on fun, enjoyment, success, fair play, self-fulfillment and personal health.
- Appropriate activities for the age and stage of each student.
- **Activities which enhance cardiovascular systems, muscular strength, endurance and flexibility.**
- A participation based intramural program.
- **Qualified, enthusiastic teachers.**
- **Creative and safe use of facilities and equipment.**

Who is a Physical Educator?

A Qualified Physical Educator holds a Bachelor of Physical Education, or a Bachelor of Education or Kinesiology with a concentration in Physical Education, is fully certified by the province, and follows provincial curriculum using sound pedagogical principles.

Alberta Program Of Studies

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

- Education is a shared responsibility involving students, parents, teachers, the school and the community.
- The benefits of physical activity increase proportionally as a result of the time and intensity provided.

Types of Activity

Physical Activity

Any bodily movement produced by the skeletal muscles that is above daily functioning and that results in greater energy expenditure.

Physical Activities for the purpose of Physical Education credits in high school are activities which are intentional and meant to improve a specific skill and/or one of the health related components of fitness: muscular strength, muscular endurance, cardiovascular fitness or flexibility.

The majority of the activities on your activity log should be physical activities.

Active Living

- The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life.

Active living through physical education:

- creates a desire to participate
- focuses on lifetime activities promoting health-related fitness for life
- is about physical activity; and the nature, form, frequency and intensity of the activity are relative to each person's ability, needs aspirations and environment
- places physical activity within a broader perspective of total fitness and well-being that encompasses the entire experience of movement—physical, mental, emotional and social dimensions

Activity Choices

Physical Education Activity & Alberta Education Outcomes

- Minimum of 30 minutes per day
- 5 days per week
- No more than 25% of your activity can come from one area or activity v

<p>GENERAL OUTCOME A</p> <p>Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.</p>	<ul style="list-style-type: none"> • Dance of any type including: skateboarding snowboarding, figure skating, synchronized swimming, • Gymnastics of any kind including: yoga, pilates • Activities in an alternative environment: hiking
<p>GENERAL OUTCOME B</p> <p>Students will understand, experience and appreciate the health benefits that result from physical benefits activity.</p>	<ul style="list-style-type: none"> • Personal fitness programs ie: running program, weight program, stretching program • Stress management: yoga, relaxation training
<p>GENERAL OUTCOME C</p> <p>Students will interact positively with others.</p>	<ul style="list-style-type: none"> • Team sports: hockey, soccer, football, basketball, rowing, baseball • Individual Sports: swimming, skiing, track & field,
<p>GENERAL OUTCOME D</p> <p>Students will assume the responsibility to lead an active way of life.</p>	<ul style="list-style-type: none"> • Recreational games: bowling, laser tag, archery, table tennis, billiards, shuffle board • Creating your own games: "free, random dance", warm ups, cool downs,

Active Living Component

- Can count toward your PE mark
- Separate from the above outcomes & can not count as an outcome in PE as well as Active Living
- **2 hours maximum per month maybe counted in your Activity Log**

Walking	Includes walking: the dog, going for walks with the family or friends, as a method of transportation
Playing any activity simulation game:	Wii Fit, Kinect, Dance Dance Revolution
Yard work:	Raking leaves, gardening. *shovelling snow can be dangerous and is not recommended to be participated in for active living*
House Chores	vacuuming, taking out the trash, bringing in the groceries, moving furniture
Social Activities	dances, socials, sock hops, drama productions

Safety & Supervision

Duty of care requires that teachers are responsible for the safety of their students. Since parents are primarily responsible for the activity choices their student makes, they need to ensure that students are choosing and participating safely.

As Junior High Students your parents can verify 100% of your activities unless they are deemed to be activities that need qualified instruction and supervision. Please refer to the "Code for Risk Factor Rating" below.

Code for Risk Factor Rating

RFR	Level of safety concerns recommended instruction and supervision	Examples of activities
1	There are few safety concerns for this physical activity little or no qualified instruction or adult supervision is required.	calisthenics, croquet, cycling, dodge ball, frisbee, hacky sack, hand ball, jogging, house work, jump rope, lawn bowling, stretching, tai chi, walking,
2	There are some safety concerns for this physical activity quality instruction is recommended, and little adult supervision is required.	aerobics, long distance running, badminton, baseball, basketball, circuit training, cricket, curling, structured dance, flag / touch football, golf, hiking, pilates, racquetball, rhythmic gymnastics, skateboarding, figure skating, ice skating, cross country skiing, snowshoeing, soccer, squash, table tennis, tennis, volleyball, ultimate frisbee, yoga
3	There are several safety concerns for this physical activity qualified instruction is required and adult supervision is recommended	Athletics -jumps, backpacking, broom ball, mountain biking, road racing, field hockey, weight training, road hockey, ball hockey, lawn mowing, rowing, flag rugby, snowboarding, speed skating, tobogganing, sledding, roller skating
4	There is a high level of safety concerns for this physical activity qualified instruction and adult supervision are required.	water aerobics, aikido, archery, biathlon, boxing, canoeing, kayaking, cheerleading, rock climbing, diving, fencing, tackle football, gymnastics, ice hockey, horseback riding, judo, karate, kick boxing, lacrosse, mixed martial arts, ringette, tackle rugby, scuba diving, water skiing, swimming, tae kwon do, triathlon, wrestling

What if I participate in an activity with a high Risk Factor Rating?

Your activity should be supervised by:

- Coaches, team managers
- Personal trainers
- Anyone that is a certified Physical Education Teacher
- Anyone who has NCCP (National Coaching & Certification Program) accreditation

Program Requirements

Fitness Assessment

- Once per term

Weekly Activity Reflection (using the quiz tool in D2L)

- These are due on the Monday following the week they apply to – no exceptions or extensions!

Activity Log (1 submission at the end of each month)

- 20 days per month
- Minimum 30 minutes per activity session (day)
- Activity Safety Inventory

Weekly theory activity – either sport or wellness related

- Due at any time within the given week
- Students develop their own personal work plans around PE & Health

Citizenship Project

- Students engage in a 5 hour project related to HRH (Health Recreation & Human Services)
- This is at no cost to the student or parent. Volunteer hours can be logged for this
- Can be completed at any time

Partnerships & General PE Ideas

YMCA

- Term Membership approximately \$27/month

Cardel Place

- Term Membership approximately \$25/month

Ideas For Activity At Home

- Rent DVD's from the Calgary Public Library for: Yoga, Pilates, Strength Training, Aerobics
- Access online tools using Apple iTunes Apps
- Use the animated images and videos within the course
- Join a team or a club or a drop in sports group
- Child Tax Credit: The Government of Canada allows a non-refundable tax credit based on eligible fitness expenses paid by parents to register a child in a prescribed program of physical activity.
- Kid Sport: offers tax credit for young people to join organized sports ie: soccer, football, swimming