** Physical Education Faculty**

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**Carver Physical Education**

Physical education is an integral part of the total education process. Students who participate in regular physical education enjoy enhanced memory and learning, better concentration, and increased problem solving abilities. The aim of physical education is to enable all learners to enhance quality of life through active learning.

**GOALS**

* To develop knowledge, skills, and attitudes necessary to incorporate physical activity into regular routines
* To explore leisure pursuits and to live a constant active healthy lifestyle. Not only are we learning to live and keep God’s own created image healthy, but we are learning to serve Christ better by staying fit and healthy for God.
* Try new things to find which activities you have a passion for.
* Actively foster Christ-like behavior: sportsmanship, empathy, humility, encouragement, attitudes of joy.

These goals will be met through a variety of activities from each grade-specific curriculum unit. Teachers may enhance activities by bringing in special instructors and/or taking students on field trips.

**POLICIES**

1. **PE Strip**

* PE strip is required in order to be credited for participation
* To maintain proper hygiene habits, it is essential that PE strip and gym shoes be different from clothes worn to non-PE classes.
* Each student is required to have the following PE uniform:
  1. Carver T-shirts OR Carver long sleeve shirt and/or zip hoodie
  2. Carver shorts and/or sweat pants
  3. White or black athletic socks (separate from non-PE uniform socks)
  4. Suggested 2 pairs of shoes – one for indoor and one for outdoor use.
* Students who arrive without strip will be marked “no strip” but will still be required to participate in class activities.
* Students must be prepared with appropriate outdoor attire when activities take place outside the gymnasium. (Eg. Light jacket, pants, etc.) PE happens rain or shine.

1. **Medical Absences and Notes**

* All students are expected to participate in PE classes. A note from a parent, guardian, or doctor may exempt the student from participation over one class or a short period. ***For exemption over a longer period of time, such as 1 week, a doctor’s note is necessary***.
* Notes from home should be dated and should explain the specific injury and rehabilitation time. They must be written and signed by a parent or guardian.

*\*\** ***STUDENTS WITH NOTES ARE STILL REQUIRED TO BRING PE STRIP TO PARTICIPATE IN A MODIFIED PROGRAM.***

* Doctor’s notes need to include the length of time of exemption, recommended rehabilitation exercises or alternate activities.
* Students exempt from the participation may be asked to complete special assignments or projects in lieu of regular participation.

1. **General Policies**

* Lockers in the change rooms are provided for DAY USE ONLY. A separate lock should be used to help prevent thefts. **LOCKER SECURITY CANNOT BE GUARANTEED. MONEY OR OTHER VALUABLE ITEMS SHOULD NOT BE BROUGHT TO THE GYM. IT IS NOT MONITORED.**
* Students should have a PE notebook for handouts, sports rules, policies, course outlines, and personal planning materials.

1. **General Policies**

* Safety is everyone’s responsibility. Play should be active, but safe. Horseplay, roughhousing, or endangering the safety of others will NOT be tolerated.
* RESPECT: Teachers, all equipment, the gym building and school property.
* Students should not leave the class at any time without the teacher’s permission. Teachers need to know where students are at all times in case of an emergency.
* At the end of each class, students are to remain in the gym lobby until the bell.
* Students are NOT to cross the stage to access the changerooms.
* Some fieldtrips or special events may require additional fees. Students will be notified when these fees apply/are due.

**EVALUATION**

REGULAR ATTENDANCE & ACTIVE PARTICIPATION ARE PREREQUISITES TO RECEIVING CREDIT FOR ALL PE COURSES.

**To determine student marks, four curriculum organizers will be used:**

1. Personal & Social Responsibility (eg. Attendance & appropriate PE strip) 10%
2. Movement, Attitude, Participation, Effort (Taken daily) 50%
3. Active Living (eg, written tests, quizzes, exercise logs) 20%
4. Personal Health Related Fitness (eg. Fitness testing & Runs) 20%
   * *Fitness testing will be marked based upon the national standard and the student’s ability/effort to improve within themselves from test to test.*

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: