



**Mr. Masson**

## **2018-2019 BCS Physical Education Course Outline**

### **ACHIEVEMENT:**

Students will receive a letter or percentage grade in Physical Education. Students will be evaluated in two main areas, which are physical skills and social skills. The criteria for these two areas of evaluation is as follows:

#### **PHYSICAL SKILLS – 50%**

This mark will consist of your **ability** to perform the **skills** of a certain sport or activity, **improvement** shown in these skills throughout the unit, and the ability to **apply** these skills to game situations. In addition to traditional sport and games, students will be graded based on their participation level in fitness-based activities.

➤ **SELF-ASSESSED EFFORT** (10% of Physical Skills grade)

At the end of each PE class, every student will be required to give me a mark based on their effort in that class. This will be done on a 5-point scale and an average of this mark will be calculated every reporting period.

#### **SOCIAL SKILLS – 50%**

How you **behave** and **interact** with your teacher and classmates in Physical Education is equally as important as your effort and participation in the activities. For this reason, the social skills you demonstrate are worth half of your grade in PE. Simply put, how you behave on a day-to-day basis in PE class is just as important as your ability to throw or learn to throw a football.

**Attendance, punctuality, proper gym strip, cooperation, sportsmanship, fair play, teamwork, leadership, dependability, and self-control are all social skills that will be watched carefully and evaluated for each report card.**

**FINAL GRADE = 100%**

## PROPER GYM STRIP:

**Students are required to change into appropriate gym strip in a change room/locker room.** For safety and hygiene purposes, proper gym strip is required in **ALL** middle and high school Physical Education classes. Simply put, this consists of athletic shorts, sweats, appropriate t-shirts, socks, and proper athletic shoes when in the gym. When class is taught outside, students are encouraged to dress comfortably in clothing appropriate for physical activity (sweat pants, long sleeve shirts, hoodies) in various weather conditions. **NO** cut-off jeans, ripped shirts, untied loafer/skater style shoes, boots, or sandals are allowed.

Gym strip should be washed regularly. Gym strip should not be worn under your regular daily clothing as this defeats the purpose of changing for physical activity.

**REMEMBER**, when you forget your gym strip, you hurt your ability to participate, which in turn affects your grade. **After a third dress infraction in a reporting period, parents will be notified of the problem and the student will have to complete a handwritten assignment before they can participate again in PE.**

**BEING CHANGED AND READY TO PARTICIPATE IS THE KEY TO  
MAXIMIZING YOUR MARK IN PHYSICAL EDUCATION!**

Student Name (print):

Parent/Guardian Signature:

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