



AUSTIN O'BRIEN CATHOLIC HIGH SCHOOL

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Course Outline

Physical Education 2025-2026

Austin O'Brien Physical Education Staff:

Ms. Ruby Mauricio – Physical Education Department Head

Mr. Zack Zwart – Athletic Director

*** Mrs. Kyra Reilly – Chaplain**

Mr. Devon Hogan, Mr. Desmarais, Mr Kucharski

Topics: The Aim of the Physical Education Program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. The program is based on the following four general outcomes (ABCD's), with several specific outcomes under each.

Activity: (skills from each of the 5 dimensions of: games, types of gymnastics, dance, alternative environment & individual activities)

Benefits to Health: (functional fitness, body image and well-being)

Cooperation: (cooperation, fair play, teamwork & leadership)

Do it Daily...for Life: (safety, goal setting, effort and active living in the community)

EVALUATION PROCESS

The physical education curriculum as defined by Alberta Learning requires students to be assessed in the following four areas: Activity, Benefits of Health, Cooperation and Do it Daily.

The marks are cumulative and will account for 100% of the semester's final grade. It will be a collection of marks from the outcomes such as Activity, Benefits of Health, Cooperation, and Do it Daily covered throughout the semester.

A wide range of assessment information is used in the development of a students' final grade. At AOB, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. Every effort will be made to assess each student fairly using summative and formative assessment meaning not every assignment may be included in the calculation of a student's final grade.

Physical Education Rubrics

Austin O'Brien Physical Education emphasizes active living habits and personal well-being through establishing a habitual desire to be active. With this in mind the following rubric places extra emphasis on being an **active participant in each class period**. Students will be assessed using the Physical Education Rubric every two weeks.

Alternative environments provide unique opportunities for students to become physically literate and learn fundamental movement skills. Many activities take place outside the school: golf, tennis, wall climbing, bowling, racquetball, squash, broomball, fitness obstacle courses, billiards, swimming, scuba diving and many others. Program activities have been designed to answer the how and why of an activity.

Physical Education Rubric

Please note: In order for students to succeed in Phys Ed they MUST attend class.

	Beginning x2	Approaching x2	Proficient x2	Exemplary x2	Score
<u>Activity</u> (Consistently demonstrates basic application of skills IN class)	Demonstrates minimal to inconsistent movement ability. Requires continuous support and guidance to participate successfully.	Demonstrates basic movement competence in familiar activities. Performs with guidance and shows emerging consistency in various settings.	Demonstrates competent and consistent movement skills across a range of activities. Applies feedback with purpose and shows readiness to attempt new movement contexts.	Demonstrates refined movement skills and transfers them fluidly across diverse and complex activities. Independently seeks challenges and adapts skills in new environments.	4
<u>Cooperation</u> (Consistently communicates, fair play, leadership, and teamwork IN class)	Demonstrates difficulty working with others. Requires frequent intervention to participate respectfully and constructively.	Engages in positive interactions with some guidance. May require reminders to cooperate and resolve differences appropriately	Interacts respectfully and cooperatively. Contributes to team success and demonstrates emotional and social awareness.	Consistently models empathy, inclusion and leadership in all settings. Proactively supports positive group dynamics and independently resolves conflict.	8
<u>Do it Daily</u> (Effort, safety, active living demonstrated IN class) D10-3*	Demonstrates limited engagement in activities. Struggles to take initiative or connect physical activity with long term lifestyle benefits.	Participates with guidance and completes basic goal-setting tasks. Shows interest in activity but may lack self direction.	Engages in personal goal-setting and demonstrates follow-through. Shows growing initiative and understanding of long term health behaviours	Demonstrates strong intrinsic motivation and sets meaningful personal activity goals. Independently tracks progress and makes informed choices to support lifelong activity.	8

Alberta Program of Studies

*D10/20/30-3: select and apply rules, routines and procedures of safety in a variety of activities (this includes being prepared for class with proper attire and footwear).

Student grades will be negatively impacted by absences from class. These absences do not allow students to consistently demonstrate the above outcomes from the Program of Studies.

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Student Conduct and Expectations

Please read the agreement below and sign at the bottom

(**Attention:** Both Parent/Guardian AND Student MUST sign)

1. Attendance

Please take time to familiarize yourself with the school policy regarding absences, as this will eliminate any disappointing consequences.

- ☐ Students are expected to attend **ALL** classes including those from which you have been **medically** exempt.
- ☐ A **NOTE** from your parent/guardian is required for exemption for 1 day. A **doctor's** note is required for exemption for 2 or more days. Discussion with Grade Coordinator will be required for long-term medical exemption.
- ☐ Alternate assignments are only assigned in extenuating circumstances and must be approved by a student's PHYS ED teacher. Absences from field trips and classes will result in a mark of "0" for that activity.
- ☐ Once in class no one is permitted to leave without **teacher's permission.**
- ☐ Failure to attend class on time, wearing improper attire or not participating will result in your **mark being adjusted** to reflect these behaviors.

2. Punctuality

- ☐ ALL students **MUST** be in the gymnasium, and with their assigned PE teacher by the second bell to take attendance. A student is late if they come in after attendance.

3. Proper Gym Attire

- ☐ **ALL** students must wear an **AOB T-shirt** and shorts, sweatpants, or leggings daily.
- ☐ Running Shoes **MUST** be worn at all times!
- ☐ CELL phones, Air pods and Headphones are **NOT** permitted in class.

4. Use of Locker Room

- ☐ Locks and Lockers will be assigned by your Physical Education teacher **ONLY** if a student wishes to use one. **No** outside locks are allowed. Students will be charged for locks that are not returned or need to be replaced.
- ☐ Only your PE materials should be stored in your locker.
- ☐ Never leave valuables outside of your locker. Always **LOCK** your locker.
- ☐ Keep the locker room **CLEAN** at all times. **Do Not** share your combination with anyone.

5. Gymnasium and Equipment

- ☐ No food allowed in the gym or locker area at any time.
- ☐ Reusable **Water** bottles are suggested. Please put a name on it.
- ☐ Students must always respect and take care of equipment.
- ☐ Students are **NOT** allowed in the storage rooms without teacher permission.

Date: _____ **PE Teacher:** _____

Student Name: _____ **Student Signature:** _____
(Print Name)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____