



**EAGLE BUTTE
HIGH SCHOOL**

Course Outline: Physical Education 30

Teacher: Mrs. D. Marshall
Semester: Year-long
School Year: 2025/26
Contact Information Phone: 403-504-9683
Email: danamarshall@prrd8.ca

Course Description

Credits: 3

Pre-requisites: PE 20 (3 or 5 credit)

Units of Study	Approx. # of Classes	Tentative Completion Date	Class Weighting (%)
Fitness Testing	4	Sept 8	5
Fitness Training	27	June 10	85
Dance	1	June 10	3
Gymnastics/Flexibility	1	June 10	2
Fitness Testing	4	June 15	5

Course Evaluation

Final Mark Distribution

Daily Participation Mark	90%
Fitness Test	10%

Course Expectations

Fitness Testing (10%)

Fitness Testing is the summative test to prove that students have been improving their physical fitness throughout the semester. We do an initial test worth 5% at the start of the semester. Students are required to BEAT their score from the beginning in order to pass the final fitness test.

Communicates Clearly and Follows Instructions (90%)

Students will demonstrate active listening by responding appropriately to instructions and feedback.

Participation & Effort (90%)

Each student is expected to participate to the best of their ability each day in whatever we may be doing. This includes having a positive attitude and displaying good sportsmanship. Students will actively participate in class activities and discussions, showing enthusiasm and commitment to learning.

Prepared & On Time (90%)

Students will arrive to class on time, ready to engage in the day's activities. Students will come to class changed in appropriate clothes and shoes demonstrating responsibility and preparedness.

Positive Mindset and Attitude Towards self and Others - Students will recognize and appreciate their own strengths and weaknesses, fostering a positive self-image. Students will provide support and encouragement to peers, fostering a collaborative and positive environment.

Safety & Respect for Others and Facility

Students will treat peers, teachers, and staff with kindness and respect, valuing diverse perspectives. Students will demonstrate responsibility in maintaining the cleanliness and orderliness of the classroom and school facilities. Students will adhere to safety protocols and guidelines in all school settings, prioritizing their own well-being and that of others.

Skills

Students will be evaluated on progression of skills within a certain sport. You do not have to become a pro, we are simply looking for improvement from where you started.

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Changing

Students are expected to **change for every class**. This is vital not only for Health and Safety reasons, but also to fulfill the curriculum objectives of hygiene. If a student is not changed two days in a row, parents will be phoned. Change means athletic clothing and athletic shoes – NO SKATE SHOES! If any one piece is missing, you are considered not changed. Due to the fact this is one of our curricular objectives, **your mark will be affected if you choose to not change.**

Exemptions

By order of Alberta Education, the only reason for being excused from Physical Education is for Medical Reasons. In this case, the school will need a formal letter from a Medical Doctor. A Parent note is not sufficient. If you cannot get a doctor's note, you will not be excused from the activity and will receive a zero.
(Page 3, Physical Education Program of Studies)

Course Resources and Tools Required

Students must provide the following supplies;

- Change
 - Shorts/sweat pants
 - Athletic shoes (no skate shoes)

- For a detailed explanation of the Alberta PE curriculum please see:
<http://education.alberta.ca/media/450871/phys2000.pdf>