



PARKSIDE JUNIOR HIGH SCHOOL

PHYSICAL EDUCATION COURSE OUTLINE 2025/26

Teachers: Mrs. Deis & Mr. Toews

GENERAL COURSE UNITS (tentative schedule):

September: Team Building, Volleyball, Cross Country

October: Volleyball, Football, Fitness Week

November: Low Organized Games, Lacrosse

December: Floor Hockey, Handball, Dance

January: Basketball, Low Organized Games

February: Indigenous Games, Fitness Week, Pickleball

March: Badminton, Low Organized Games

April: Badminton, Gymnastics, Track & Field

May: Track & Field, Soccer, Ultimate Frisbee

June: Soccer, Rugby, Low Organized Games, Swimming

**Weekly: Fitness Class

CLASS RULES:

1. Be changed and in your line no longer than 5 minutes after the bell.
2. Do not use any equipment until the teacher instructs you to use it.
3. Follow instructions and do the drills to the best of your ability.
4. Have fun with every activity.
5. No hats (unless outside)
6. No chewing gum
7. Respect yourself, respect others, and respect the space.

CHANGE OF CLOTHES:

1. Students are encouraged to change into appropriate gym clothes for Phys. Ed. (clean running shoes, t-shirt and shorts or sweatpants).
2. Students who attend class without the proper gym clothing are still required to participate, however they will receive a lower participation grade for that class.
3. If a student continuously attends Phys. Ed. without the appropriate clothing, parents will be contacted, and a plan will be put into place. If a student refuses to participate in Phys. Ed class, they will be sent to the office for the class and make up the time missed (45 minutes) after school and parents will be contacted.
4. Eagle Butte High School has mandatory participation for all Grade 10 students and Phys Ed 10 must be passed by every student in order to graduate. Eagle Butte P.E. classes are 80 minutes long and the physical activity involved is extensive. We are trying to set our students up with future success, so they have the necessary preparation to pass Phys Ed 10.

LACK OF OR NO PARTICIPATION:

1. The teacher will talk to the student, and they will be made aware of their lack of participation, and their Participation Grade for that class.
2. Second Occurrence; within a short duration of time (1-2 weeks for example), the student will be referred to the office; the Principal or Vice Principal will determine the consequences and inform the parent(s) and teacher.

ABSENT FROM CLASS:

Physical Education is an activity class and as such participation is of primary importance. Credit for this course is contingent upon regular participation in class activities. A student may be excused from class for the following reasons below, accompanied with a parent note:

- i. illness
- ii. injury
- iii. death in the family
- iv. a religious holiday
- v. Physical Education Teacher's permission (at their discretion).

***A student who is unable to participate because of an extended illness or injury will be expected to provide a doctor's note upon requested.**

EVALUATION:

PARTICIPATION: 70%

FITNESS: 20%

SKILL: 10%

If you have any questions or concerns, please contact your child's Phys. Ed teacher.

Mrs. Allyson Deis
allysondeis@prrd8.ca
(403) 548-3951 (ext. 3406)

Mr. Lorne Toews
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(403) 548-3951 (ext. 3413)

PARTICIPATION EVALUATION RUBRIC

5 AWESOME	<p>Examples:</p> <ul style="list-style-type: none">• Always gives top effort 100% of the time• Respects rules & authority involved with all activities• Exemplifies great sportsmanship• Assists in equipment set-up & take-down when instructed• Aid students in student learning
4 GOOD	<p>Examples:</p> <ul style="list-style-type: none">• Effort is fairly consistent – works hard with few lapses• Works / plays hard at least 75% of the time, occasional slip due to judgmental effort• Usually displays an enthusiastic and positive attitude
3 OKAY "NOT BAD"	<p>Examples:</p> <ul style="list-style-type: none">• Requires prompting to put forth an acceptable level of effort• Exerts good effort if the teacher is watching, if with friends, if winning, if good at activity..."iffy" effort• Contributes little to team play, unless motivated• Occasionally needs to be reminded of the class rules
2 MINIMAL "POOR"	<p>Examples:</p> <ul style="list-style-type: none">• Numerous "excuses" why they can't try hard• Going through the motions... no sweat!• Often disrupts class• "Bends" rules to suit own needs• Contributes little to team play (ex. only plays the ball if it comes to them)
1 NON- EXISTENT	<p>Examples:</p> <ul style="list-style-type: none">• Constantly fooling around• Avoids participating – opts out most of the time• Argues, whines, complains• Excessive socializing & off-task behavior• Expressing disinterest in activity (ex. "I can't", "This is boring", "This isn't fun")• Often interferes with others learning• Has no or is missing gym clothes (shirt, shoes or shorts)

Student Name: _____

Class: _____

***I have read the above rules in regards to the
Physical Education classes at Parkside School.***

Date: _____

Student Signature: _____

Parent/Guardian Signature: _____