

Physical Education/Health Orientation
Rules and Expectations
Lockport School 2023-2024

1. Phys. Ed Team: Mr. Morelli Ms. Sinclair Mr. Borsa Mrs. Howarth
Mr. Critchlow
2. Our goal: To help students improve their level of fitness and help them make sound healthy lifestyle practices, while maintaining hygiene and health best practices.
3. Phys. Ed. Equipment: **New:** Gym clothes: T-shirt, shorts or sweats, court shoe with a non-scuff sole. Stick deodorant and a gym bag.

All students are **advised to prepare for an abundance of outdoor physical education classes** over the next 10 months. Students should bring extra layers and warm clothes to wear for outdoor classes. Outdoor gear can be stored in lockers (Dates: TBA).
4. Hygiene/Safety: **Changing is required.** Alternate locations possible. Students to show up to class in “active wear”.
5. Participation: **Full participation is required.** You will only be excused if you have a note from home or the doctor.
6. Change rooms: As changing is required, students are reminded to be respectful in the changerooms. Be aware teachers will be checking this area at the end of each class.

7. Food: **No food or drinks in the gym (exception: water bottles)**
8. Daily Assessment: All grades will be assessed on the following rubrics: (/4): Movement, Safety, Healthy Lifestyle practices, Personal and Social Management, and Fitness Management.
10. Term Marks **Gr. 7/8/9:**
Movement (skills) = 20%
Fitness Management (Fitness tests) = 20%
Health Lifestyle Practices (Health) = 20%
Personal/Social Management (relations)=20%
Safety (Hygiene, risks, etc.) = 20%
= Term Mark (100%)
11. Health You will have one health class per cycle. Health may also be delivered in Phys. Ed. classes. The school Counseling Team will also deliver several presentations throughout the year. Be prepared to go outside or to HLC after work is completed.
12. Time frame: Students have 4 classes per cycle (50 minutes long). Three Phys. Ed. classes and one health class for the Gr.8 and Gr.9s. Three Phys. Ed. Classes and two health classes for Gr.7s.
13. Class format 1) Students are asked to store bags on the bleacher and sit in their squads. 2) Attendance and lesson objectives will be discussed. 3) Warm-up : 5 minutes. 4) Lesson and 5) Cool down will occur at the last 5 minutes of class and students will give their teacher their daily mark.
14. Activities: We won't be spending large blocks of time on one activity. Our approach will be multi-faceted, offering a wide range of stimulating activities all the time.

Please be good sports (no put downs, or teasing).

15. Equipment: **Set up equipment is off limits** until told otherwise. Please '**respect**' **the equipment**. Return any equipment to its proper spot.
The P.E. office and equipment rooms are out of bounds, unless you are given permission to enter.
16. Noon Hour: In order to sign-out equipment at lunch hour you need to fill in the equipment sign out sheet. Only twenty pieces of equipment can be signed out at one time. In order to participate at noon, you need to have proper footwear (runners). The change rooms will be locked at 12:10 p.m. and will be re-opened at 12:30 p.m. All equipment. must be returned promptly at 12:25 p.m.
18. Swimming Dates (TBA). Gr.7s only.
19. Breaks Students **need to ask permission to go to the bathroom** (one at a time) **or to leave class.**
*Please wait for the **end of the class buzzer visible, and in the gym area** (on the hardwood floor).