

PHYSICAL & HEALTH EDUCATION (P.H.E.)

*“Daily physical activity =
a healthy mind, body, and
soul.”*



*P.H.E. provides the
opportunity for students to
develop an understanding of
the importance of an active
and healthy lifestyle.
Students will explore the
relationship of physical
activity to social and
mental well-being.*

POLICIES AND PROCEDURES

*Daily Physical Activity
is a course requirement!!!*

Appropriate P.E. Clothing:

- A complete change of clothes for all weather conditions. NO tank tops.
- Properly tied athletic shoes.

Changing Policy:

- 5 min. at the beginning and end of class to change.
- Gym Locker = **Block use Only**
- Do NOT leave valuables in the Locker Room!!!!!!

Medical Excuses & Absences:

- Parent communication is needed for absences.
- Students are expected to change every day to participate when injured or ill, in a modified activity.
- Students are expected to make-up excused absences at lunchtime with supervision.
- Each teacher will inform students of the makeup procedures.

Full PHE Policies Available on
Lord Tweedsmuir School Website

ASSESSMENT AND GRADING

Communicating Student Learning (CSL):

Summative Evaluation measures student learning by gathering evidence.

Formative Evaluation is built into instruction through feedback and allows students to understand how they can improve their learning.

Assessment Tools:

- Daily Physical Activity
- Rubrics
- Journals & Reflections
- Portfolios
- Goal-Setting
- Performance Standards

Grading:

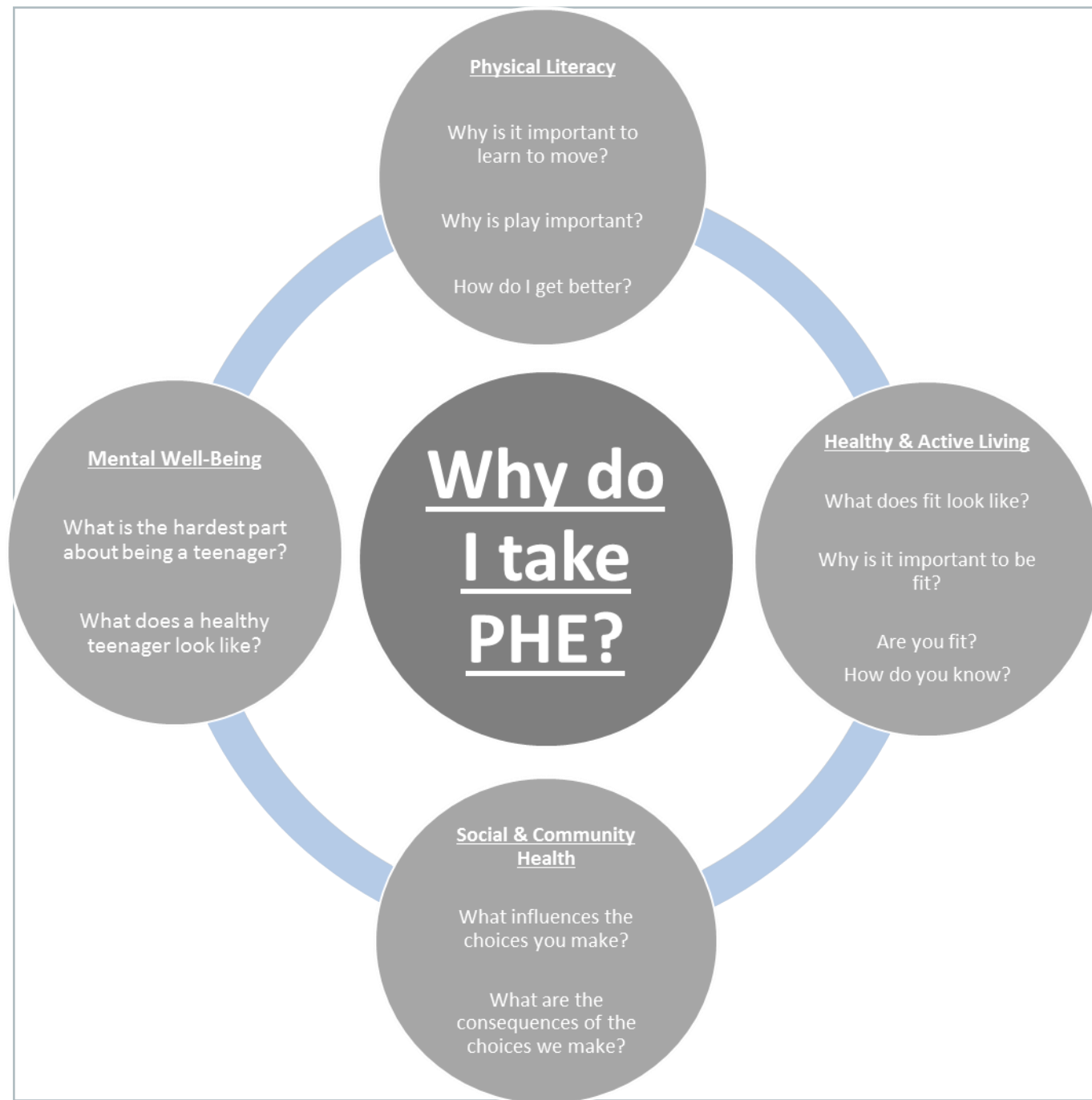
Letter Grades for Grades 8-9:
A, B, C+, C, C-, Incomplete

Percent for Grades 10 to 12

HACE Conference:
Grade 8 Oct 5th & 6th

CONTACT INFO:

Please contact your PE teacher from the email list found on the LTS School Website.



PHYSICAL ACTIVITY:



- improves test scores
- reduces stress
- improves mood
- reduces anxiety/depression
- improves self-esteem



- reduces heart disease
- improves life expectancy
- decreases medication needs
- manages healthy weight
- improves sleep
- decreases risky behaviors
- decreases illness



- increases strength
- increases endurance
- increases flexibility
- increases energy
- promotes optimal growth