



# ÉCOLE STANLEY KNOWLES SCHOOL

2424 KING EDWARD STREET WINNIPEG, MANITOBA, R2R 2R2  
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## Grade 6-8 Physical/Health Education Program

September 2019

### *Intent of the Physical/Health Education Program*

In Physical/Health Education at Stanley Knowles, students are exposed to a variety of movement, fitness and healthy lifestyle activities based on the Manitoba Curriculum. Students will have an opportunity to develop the knowledge and skills to lead a healthy, active lifestyle. Instructional strategies are developmentally appropriate and inclusive.

### *Expectations*

Students are asked to come prepared with appropriate clothing for class (shorts, sweats/leggings, t-shirt, non-marking runners) and participate to the best of their ability during all activities.

During Health lessons, students should bring a pen/pencil and paper and submit all required assignments.

### *Absences*

Students who are unable to participate due to injury/illness must provide a note from home to be excused from activity. Extended injury/illness (3 or more days) will require a note from a doctor.

If a student were to be absent for multiple days, a note indicating the days away would be appreciated.

### *Assessment*

Students are graded on a daily rubric based on curricular criteria. Reporting is based on their understanding and ability to demonstrate movement, fitness and healthy lifestyle outcomes.

### *Extra-curricular*

Extra-curricular activities provide students with opportunities to further development skills learned in Physical Education. Intramural activities are held during lunch-hour throughout the year and include volleyball, basketball, dodgeball, badminton and soccer. Students have an opportunity to represent Stanley Knowles on inter-school sports teams including cross-country, volleyball, basketball, indoor/outdoor track, badminton and beach volleyball.

**Mr. Bard**

Room: **Large Gym**

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