AIM: To empower all students to develop a personalized understanding of what healthy living means through the development of physical, emotional, and mental well-being.

Healthy Living is accomplished through exposing students to a variety of activities which will:

- Enhance their physical literacy through fundamental movement and sports skills.
- Expand upon their positive personal, social behaviours and interpersonal relationships.
- Improve upon their knowledge base and ability to advocate for self and others.

STUDENT EXPECTATIONS

**Being Responsible**

- Willing to participate in all activities
- Assist with setup and takedown
- Accept consequences for actions and look for solutions
- Hand in blue Medical Form if unable to participate in activities

**Being Respectful**

- Keep change rooms clean and respect belongings of others
- Take care of facilities outside of DTSS when participating there
- Being considerate to staff, students, and guests

**Being Punctual**

- On time for activity (at site of activity 5 minutes after second bell)
- Return back to class on time after using a facility outside of DTSS

**Being Prepared**

- Having appropriate gym strip for the activity and weather conditions
- Follow schedule of activities. They are posted in change rooms
- Leave valuables in hall locker – DO NOT leave on change room benches
STUDENT RESPONSIBILITY SCALE

LEADERSHIP/ATTITUDE/SPORTSMANSHIP

“A”  EXCELLENT
• Displays strong leadership qualities (ex: initiative activities, helps with set-up and clean-up)
• Genuine concern for others (ex: includes peers)
• Always enthusiastic and positive, regardless of the activity
• Exemplifies sportsmanship, fair play and is always co-operative in daily activity

“B”  VERY GOOD
• Displays leadership qualities (ex: helps with equipment set-up and clean-up)
• Concern for others (ex: strives to include peers)
• Consistently enthusiastic and positive, regardless of the activity
• Exemplifies sportsmanship, fair play and is always co-operative in daily activity

“C+”  GOOD
• Concern for others (ex: strives to include peers)
• Team player who always follows directions
• Frequently enthusiastic and positive about most activities
• Exemplifies sportsmanship, fair play and is very co-operative in daily activity

“C”  SATISFACTORY
• Some concern for others (ex: works with peers when asked)
• Team player who usually follows directions
• Sometimes enthusiastic and positive about activities
• Demonstrates basic sportsmanship, fair play and is usually co-operative in daily activity

“C-”  POOR
• Little concern for others (ex: reluctantly works with peers when asked)
• Follows directions with encouragement
• Occasionally enthusiastic and positive about activities
• Can demonstrate basic sportsmanship, fair play and can be co-operative in daily activity

“I/F”  UNACCEPTABLE
• Disregard for others and equipment
• Rarely follows directions and can be argumentative or confrontational
• Lacks enthusiasm and negative about activities; complains often
• Rarely demonstrates basic sportsmanship, fair play and is rarely co-operative in daily activity
STUDENT RESPONSIBILITY SCALE

PARTICIPATION/SKILL

“A”  EXCELLENT
• Always prepared with proper gym strip
• Always gives 100% effort, regardless of activity (ex: hustles all the time)
• Demonstrates noticeable improvement in fundamental movement skills
• Displays excellent grasp and physical application of all sports skills

“B”  VERY GOOD
• Almost always prepared with proper gym strip
• Works and plays hard the majority of the time
• Demonstrates noticeable improvement in fundamental movement skills
• Displays very good grasp and physical application of most sports skills

“C+”  GOOD
• Usually prepared with proper gym strip
• Regularly works and plays hard, especially if it’s a sport/activity they enjoy
• Demonstrates some improvement in fundamental movement skills
• Displays good grasp and physical application of most sports skills

“C”  SATISFACTORY
• Sometimes prepared with proper gym strip
• Sporadically works and plays hard, depends on the sport/activity (ex: will work IF teacher is watching, IF with friends, IF they like the sport)
• Demonstrates minor improvement in most fundamental movement skills
• Displays some grasp and physical application of certain sports skills

“C-”  POOR
• Often unprepared with proper gym strip – numerous excuses why they aren’t prepared
• Going through the motions – no sweat (ex: just trying to survive PE and requires frequent prompting to engage)
• Demonstrates minimal improvement in some fundamental movement skills
• Displays basic grasp and physical application of certain sports skills only when absolutely necessary (ex: only plays if ball comes directly to them)

“I/F”  UNACCEPTABLE
• Rarely, if ever prepared with gym strip and avoids participating
• Often late, interferes with others, and off task (fooling around)
• No improvement of fundamental movement skills because “I can’t”, “This is stupid”, “I won’t do it”
• Refusal to engage in the activity so assessment can’t be completed

Students are encouraged to participate in Intramurals during lunch and any of the many extracurricular activities at DTSS.

Do not hesitate to call the PE department for any information regarding PE or Athletics at 250-342-9213 Extension 4526.