



Catholic Central High School

School Year

**Academy 15/25/35
Education 10/20/30**

Dear Parent/Guardian,

The **Physical Education** at Catholic Central High School are designed to enable students to develop the **attitudes** necessary to lead a healthy lifestyle. The PE program is based on four general outcomes – the

Academy programs at Catholic Central High School are designed to enable students to develop the **knowledge, skills and attitudes** necessary to lead a healthy lifestyle. The PE program is based on four general outcomes – the



A – Activity



C – Cooperation



D – Do it Daily...for Life

The students will also be encouraged and challenged to seek a Catholic expression in their daily life.

To allow for maximum enjoyment and safety in a Physical Education/Golf Academy class, please refer to the **attached forms**. The majority of concerns your son/daughter may encounter are covered in this information. Your cooperation in **completing the attached forms and returning them for our next class** would be greatly appreciated.

If you need to contact us this semester please feel free to call us at CCHS (403) 327-4596 or CCHS Home Page <http://www.holyspirit.ab.ca/cchs/>
It is our hope that your son or daughter will find the Physical Education/Golf Academy programs at Catholic Central a successful experience.

Mr. Brent Hogan



CCH Golf Academy



Department of Physical Education

- The CCH **Golf Academy** is intended for highly motivated and aspiring students who have a desire to significantly enhance their skill and knowledge of golf within an academic setting.
- The program enhances fundamental skills with emphasis on physiological and psychological understanding.
- Students are provided with an enriched environment comprised of information regarding fitness training programs, sport nutrition and course management.
- The focus of the program is to manage acceptable academic progress while advancing in golf and accepting this as activity for years to come.
- Students will work to improve their time management, independence, and organizational skills while developing an ability to achieve individual goals.

Sports Performance 15

Golf Academy (5 Credits)

Skills and Training 15%

Skill tests, observation checklists and drills will be used to determine skill acquisition and application in the activities of various units. This will include on the range/course development, gymnasium activities, fitness center workouts and community related activities.

Theory and Assignments 10%

Written assignments and or written quizzes will be used to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of golf related activities. Students will also be responsible for all written assignments.

Performance 55%

This section will be graded on daily performance for all related activities. Students will demonstrate responsibility during class and be graded according to the attached rubrics. A day grade out of 5 marks will be given to each student.

Sport Psychology, Nutrition and Sport Studies 20%

This section will include a variety of classroom activities. The above topics will be discussed and studied in detail relating to the game of golf. Presentations may be made from guest speakers on the above topics periodically throughout the semester.

Sports Performance 25/35

Golf Academy (5 Credits)

Skills and Training 10%

Skill tests, observation checklists and drills will be used to determine skill acquisition and application in the activities of various units. This will include on the range/course development, gymnasium activities, fitness center workouts and community related activities.

Theory and Assignments 10%

Written assignments and or written quizzes will be used to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of golf related activities. Students will also be responsible for all written assignments.

Performance 60%

This section will be graded on daily performance for all related activities. Students will demonstrate responsibility during class and be graded according to the attached rubrics. A day grade out of 5 marks will be given to each student.

Sport Psychology, Nutrition and Sport Studies 20%

This section will include a variety of classroom assignments. The above topics will be discussed and studied in detail relating to the game of golf. Presentations may be made from guest speakers on the above topics periodically throughout the semester.

Physical Education 10-20-30 (4 Credits)

Skills and Knowledge 40%

Teachers will use skill tests and/or observation checklists to determine skill acquisition and application in the activities of that unit. The teacher will also use written assignments or written examinations to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of activities. Students who miss assignments/exams will need to adhere to the policy on the last page of this course outline.

Performance 60%

Students will be expected to exhibit and accept a certain amount of responsibility during class. A day grade, out of 5 marks, will be given to each student according to the **Daily Performance Rubric** (on following page)

First Aid Component (1Credit)

Emergency or Standard First Aid instruction will be given to students. Students that have completed both of the above courses will complete the Workplace Safety Module during the First Aid dates. Participation 40% Practical Work 20% Final Test 20%

Daily Performance Rubric

5 Marks = Excellent

- * Always demonstrates skill development through appropriate movement activities (various units).
- * Always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- * Always is polite, honest, and positive with all members.
- * Always demonstrates an active lifestyle performance in and out of class.
- * Always punctual and prepared for class activities.

4 Marks = Acceptable

- * Almost always demonstrates skill development through appropriate movement activities (various units).
- * Almost always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- * Almost always is polite, honest, and positive with all members.
- * Almost always demonstrates an active lifestyle performance in and out of class.
- * Almost always punctual and prepared for class activities.

3 Marks = Average

- * Usually demonstrates skill development through appropriate movement activities (various units).
- * Usually demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- * Usually is polite, honest, and positive with all members.
- * Usually demonstrates an active lifestyle performance in and out of class.
- * Usually punctual and prepared for class activities.

2 Marks = Needs Work

- * Sometimes demonstrates skill development through appropriate movement activities (various units).
- * Sometimes demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- * Sometimes is polite, honest, and positive with all members.
- * Sometimes demonstrates an active lifestyle performance in and out of class.
- * Sometimes punctual and prepared for class activities.

1 Mark = Unacceptable

- * Rarely demonstrates skill development through appropriate movement activities (various units).
- * Rarely demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- * Rarely is polite, honest, and positive with all members.
- * Rarely demonstrates an active lifestyle performance in and out of class.
- * Rarely punctual and prepared for class activities.

CCH Golf Academy Guidelines

Credits and Marks

The credit and mark breakdown is given on the previous pages. All classes require a final mark of 50% to receive credit.

Academic Performance

Students are expected to maintain good academic standing and successful progress reports in all subjects. Students are practice and participate in the events of golf during the school year.

Attendance

Students are required to attend *all* classes and training sessions at all times if they are attending school for that day. Injuries **DO NOT** excuse students from the Golf Academy class. The Golf Academy is an activity class and participation is very important. Marks are contingent upon daily participation in appropriate gym/course attire, which indicates a state of readiness and preparedness for involvement in activities. A note from a parent, guardian or Doctor is required for any missed days.



If a student is injured but can attend class they must bring their gym strip to the course or training facility. If possible, injured students will participate in light stretching or other appropriate activities.

Routines

1. Classroom days will be held in room 210.
2. Gymnasium and fitness center days are assigned on the calendar. Students will have 5 minutes to change into gym attire and meet in the designated area.
3. Days that we are at an *off-campus* location, students will meet in Vasey Hall with the appropriate attire and equipment. Students will either walk, run or take a school bus.
4. The range/course days are listed on the calendar for location and times.
5. Room 143 will be used for equipment storage.

PE Attire and Golf Course Attire Regulations

Appropriate attire for PE consists of a T-shirt, shorts, socks, and *designated* athletic footwear. Students of Golf Academy will be provided with a custom set of shirt and shorts, but each student is responsible for having gym clothes ready on posted gym days. Each new Golf Academy student will receive a custom windshirt and collared golf shirt. It is an expectation that all Golf Academy students will wear appropriate attire on all days that are designated golf days on the calendar. This includes a golf shirt (preferably collared), golf slacks or golf shorts. Denim articles and T-shirts will *not* be considered as appropriate articles. The use of golf shoes is encouraged. Hats will not be considered gym wear unless the class is conducted outside.

1. \$1.00 fines may be given to students who do not wear proper attire on and off the course. If attire is lost students will be responsible to purchase new attire. The money from fines may go toward a school charity or used to offset costs. Fines can be paid the next day.

Safety Procedures

For each student's individual safety and well-being:

1. Report all injury accidents to the teacher, no matter how minor.
 2. Students should wear appropriate gym attire and appropriate athletic shoes to participate in class.
 3. Only activities where the teacher has given instruction or permission should be performed.
 4. Only equipment authorized by your teacher should be used.
 5. Students are not permitted to start the activity unless instructed to do so.
 6. Instructions should be followed carefully.
 7. No jewelry should be worn in class.
 8. Students should know the proper fire drill procedure/lock down.
 9. Students should not use faulty equipment but should report the problem to the teacher.
 10. **Aquatics Unit:** This unit is developed **for both the swimmer and non-swimmer** alike and is taught by certified life guards with the supervision of the class room teacher. The unit consists of water fitness activities and life saving techniques.
- Students should report all medical history or physical handicaps that will impair full participation in the water to the pool staff. Ramada waterpark is supervised by a certified lifeguard.

Transportation to Off-Campus Facilities

- Students will be required to walk to sport facilities near the school (i.e.) Lethbridge Tennis courts, Lethbridge Curling Club, YMCA, Top Ten Bowling. When transportation is required it will be provided by school vans or city transit.
- Students will be expected to comply to appropriate student behavior guidelines (CCH Student Agenda) while waiting for transportation to and from school to off campus facilities.
- While traveling in any CCH Van – students **MUST** wear a seatbelt.
- Students will be expected to help clean the school vans.
- Students can be driven or picked up from the rinks by their parents.
- **STUDENTS ARE NOT PERMITTED TO DRIVE THEIR OWN VEHICLES OR TO OBTAIN RIDES WITH OTHER STUDENTS TO OFF CAMPUS FACILITIES. Exceptions may be granted to students who are participating in activities at a golf course that requires them to be picked up by their parents. This will be conducted on a case-by-case basis and MUST be approved by the parents in advance.**

Physical Education Classroom Procedures

Students will be given 5-10 minutes to change after the equipment is replaced at the end of class. **Students must stay in the gym foyer area or gym until the dismissal bell rings.**

1. No food, drinks (other than water) and hats are allowed in the various physical education facilities, in the various lecture areas, or at off-campus facilities.
2. Students will be expected to show respect for equipment. Advise your teacher of any damaged equipment immediately so that the equipment may be repaired or replaced.
3. I-pods, MP3 players and cell phones are *not* allowed in class. PE students share lockers and therefore we suggest that valuable items be *left at home* or in the students main school locker. **The PE department will not take responsibility for stolen items out of PE lockers.** On occasion PE lockers are left unlocked by the students and items do go missing. "If you do not bring valuable items to class, they will not go missing"

Activity Calendar

Students will be given a daily activity calendar and will be expected to be prepared for each daily activity. Additional calendars will be posted on the CCH Physical Education web page, in the main office, in the dressing room hallways and also on the bulletin board located outside of room 210. Daily schedules *do change* so always have gym clothing in your PE lockers.

Holy Spirit Assessment Policy

The Holy Spirit Division Assessment Policy states the following: **A student's failure to submit work is a critical behavioural and discipline issue as defined by the School Act in that "a student shall conduct himself or herself so as to reasonably comply with the following code of conduct: (a) be diligent in pursuing the student's studies."**

Teachers at Catholic Central have determined the following procedures to be used if a student does not hand in work:

- (1) Alternatives will be discussed with student such as an alternative due date, alternative assignment, after school or lunch time to complete the assignment, etc.
- (2) Parents will be contacted by the teacher and alternatives discussed.
- (3) The student will be referred to administration or a counselor to discuss reasons for work not being completed.
- (4) Working with the student, parents, teacher and, if necessary, administration a mutually agreeable solution will be reached.

Student Name: _____ Please **sign** and **return** this form.

Activity	Date(s)	Location
Soccer, flag football, ultimate	Sept. 3, Oct. 6	Lethbridge Soccer Centre
Frisbee golf	Sept. 14	N. Sheran park
Horseshoes, flag football, lake walk	Sept. 21, Sept. 28	Henderson Lake park
Climbing wall	Sept. 22	University of Lethbridge
10 pin Bowling	Sept. 30, Oct. 29	Galaxy Bowl
Community Connections	Oct. 14	Holy Spirit elementary school TBA
Open Swim	Oct 19	Stan Siwik Pool
Curling	Oct. 20, Oct. 27	Coaldale Curling Arena
Aquafit	Oct. 22	University of Lethbridge
Open Swim	Oct 26	Ramada Waterpark
Evergreen lessons and Par 3 golf	Sept 2, 8, 16, 23, 24, 29. Oct 1, 8, 15, 21, 28	Evergreen Golf Centre
Golf Course Visit	Sept. 9	Picture Butte
Golf Course Visit	Sept. 10	Lethbridge Country Club
Golf Course Visit	Sept. 15	Henderson Lake
Golf Course Visit	Sept. 17	Land O Lakes
Golf Course Visit	Oct. 7	Paradise Canyon

PLEASE NOTE:

- Sign below to indicate that your son/daughter will be attending the above activities.
- Due to inclement weather, and/or sites becoming available, alternative activities may be substituted for the above noted activity.

PARENTAL PERMISSION:

I give _____ my permission to attend the above activities. I understand that transportation will be by school bus and I consent to this. I also understand and agree that my child must wear a seatbelt when traveling in a vehicle.

I give _____ permission to attend activities within walking distance of the school that are not listed above. I also give the supervisor permission to seek medical help if my child requires it.

Emergency contact person: _____

Emergency telephone number: _____

Signature of Parent/Guardian

Date

Medical Release Form

Students registered in Physical Education/Golf Academy at Catholic Central High School are offered a wide range of varied activities. Sometimes students have medical histories or handicaps, which impair their full and unhindered participation in an activity. Consequently, the students must be provided with adaptive and/or alternative programs. Should your son/daughter have any such difficulty, please describe the problem on the attached document. Please understand that this information is for the protection and benefit of your son/daughter. All information is confidential.

Alta. Health Care Number: _____

Name: _____ Grade: _____ Quarter: _____

Address: _____

Name of Mother/Guardian: _____

Business Phone: _____ Home Phone: _____

Name of Father/Guardian: _____

Business Phone: _____ Home Phone: _____

Family Physician: _____ Phone: _____

Clinic: _____ Phone: _____

Family Contact Person: _____ Phone: _____

Please indicate (check box) if your son/daughter has been subject to any of the following:

<input type="checkbox"/> Epilepsy <input type="checkbox"/> Diabetes <input type="checkbox"/> Orthopedic problems <input type="checkbox"/> Cardiovascular conditions <input type="checkbox"/> Head or back conditions or injuries (in the past 2 years)	<input type="checkbox"/> Arthritis or rheumatism <input type="checkbox"/> Chronic nosebleeds <input type="checkbox"/> Dizziness <input type="checkbox"/> Fainting <input type="checkbox"/> Headaches	<input type="checkbox"/> Dislocated shoulder <input type="checkbox"/> Hernia <input type="checkbox"/> Swollen, hyper-mobile or painful joints <input type="checkbox"/> Knee disorder
<input type="checkbox"/> Asthma, allergies - If you check this box, please answer the following question. Does your son or daughter require an epi-pen? Circle: Yes or No		

Parent E-mail: _____

Provide pertinent details of any conditions above: _____

What medication(s) should the participant have on hand during the sport activity? _____

Does your son/daughter wear a medic alert bracelet _____, neck chain, _____, or carry a medic alert card? If yes, please specify what is written on it: _____

Does your son/daughter wear eyeglasses or contact lenses? If yes, please specify. _____

Other relevant medical condition(s) that will require modification of the program, or specific activities that your child should not participate in (please provide medical reason): _____

I acknowledge that the information I have provided is correct and give consent to the PE Instructor to use the above information for the purposes described above for Quarter _____ Year _____

Parent Signature: _____

Date: _____