



# Archbishop MacDonald Catholic High School

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| <b>Course</b>             | Physical Education Wellness 10/ 3 Credit                                                                                                                                                                                                                                                         |
| <b>Year</b>               | 2025 - 2026                                                                                                                                                                                                                                                                                      |
| <b>Term</b>               | Semester 2                                                                                                                                                                                                                                                                                       |
| <b>Teacher(s)</b>         | Mr. Klein Evan.Klein@ecsd.net; Mr. Como Steven.Como@ecsd.net                                                                                                                                                                                                                                     |
| <b>Resources</b>          | MAC t-shirt & shorts purchased at registration<br>Outdoor clothing from home<br>Clean indoor running shoes<br>Lock for the locker room<br>All course information including field trip forms will be available on Google Classroom                                                                |
| <b>Program of Studies</b> | <a href="https://curriculum.learnalberta.ca/curriculum/en/area/PDE">https://curriculum.learnalberta.ca/curriculum/en/area/PDE</a>                                                                                                                                                                |
| <b>Overview</b>           | <i>The aim of our Physical Education program is to enable our students to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life.</i> |
| <b>IB Philosophy</b>      | IB Approaches to Learning Skills: Self-Management and Social<br>IB Learner Profile Focus: Balanced and Risk-Takers                                                                                                                                                                               |
| <b>Assessment</b>         | The final grade and is based on category weightings as follows:<br>Cumulative Assessment – 100%                                                                                                                                                                                                  |



The code NHI may be used to represent coursework that has not been handed in. It is representative of a zero. In addition, the following may appear for a student in PowerSchool instead of, or in addition to, a numeric grade:



### Disclaimer

A wide range of assessment information is used in the development of a student's final grade. At Archbishop Macdonald Catholic High School, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. It should also be noted that not all assignments are used to determine the final grade, and that scale factors may have been used to determine the weight of individual assignments.

### Expectations

Unexcused absences and/or lates are unacceptable and may have a negative effect on the grade. Missed coursework may be expected to be completed and may be scored as zero or NHI until submitted (see disclaimer).

Student Handbook [LINK](#)

Academic Integrity [LINK](#)