

HIGH SCHOOL PHYSICAL EDUCATION AT A GLANCE



You play an integral role in your teen's education by providing the encouragement and support he or she needs to succeed.

PHYSICAL EDUCATION 10–20–30

I want to have fun, learn skills and be healthy. Through activities in the school and community, your teen will explore their physical abilities and improve their fitness level. They will understand that fitness impacts well-being and body image. Communicating with others, your teen will develop a sense of fair play and exercise their leadership abilities. They will discover the importance of safe, active living for life; set goals; and challenge themselves as part of an active, healthy lifestyle.

Exemptions from Physical Education

Exemptions from participation in physical education may be given for medical conditions, when a medical certificate from a doctor is presented to the principal; for religious beliefs, when a statement in writing from the parent is presented to the principal; and when access to facilities is prohibitive. When exemption is granted, activities consistent with the program outcomes should be substituted, where appropriate.

ASSESSMENT

Learning is assessed using a variety of tools and strategies. Ask the teacher what methods they are using. The different assessment methods tell you, your teen and your teen's teacher about your teen's strengths, the areas in which they might grow and how well they are doing throughout a course. At the end of the course, your teen will be assessed and their achievement will be reported so that you know if they have achieved the expected learning outcomes.



RESOURCES

A variety of digital and print resources from many different sources help students learn. Alberta Education reviews and authorizes many student and teacher resources that support learning and teaching in the classroom. Additionally, teachers may select, and bring into the classroom, numerous other innovative and creative resources to create rich learning experiences for your teen. Visit [LearnAlberta.ca](http://www.learnalberta.ca) (<http://www.learnalberta.ca/>) to learn more about the resources your child may encounter.

LEARN MORE ABOUT YOUR
CHILD'S EDUCATION
BY VISITING

**My Child's Learning: A Parent
Resource**

<http://www.mychildslearning.alberta.ca>



WHERE CAN I GET MORE INFORMATION?

PROGRAMS OF STUDY AND RESOURCES SECTOR

Telephone: 780-427-0010

Fax: 780-422-3745

E-mail: curric.contact@education.gov.ab.ca

FRENCH LANGUAGE EDUCATION SERVICES

Telephone: 780-427-2940

Fax: 780-422-1947

E-mail: DEF@edc.gov.ab.ca