



Back to
SCHOOL



HUMBERSIDE C.I.
PHYSICAL & HEALTH EDUCATION
DEPARTMENT INFORMATION

Phys-ed Information Topics

Click on any topic

01

Department Members

Staff Intro's

02

General Information & Facilities

Expectations

03

Courses

Assessment and Evaluation, Course Descriptions & Pathways

04

Health & Safety Guidelines

Covid Protocols

05

Extra & Co-Curricular Activities

Seasonal Sports (currently on hold), HAC (Humberside Athletic Council),
Humber Fit (currently on hold)

Our HumberSide Team



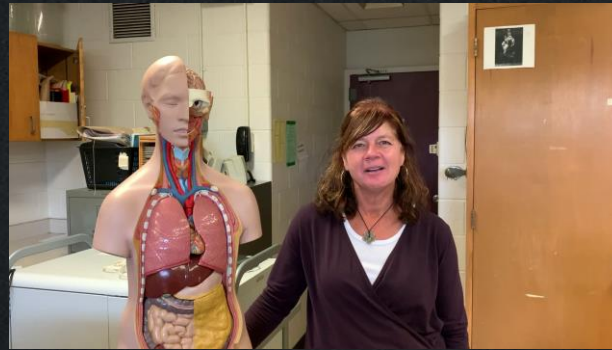
Click on a staff member
for an introduction



Derek Liebe



Casey Zaph



Jill Pulford-Thorpe



Darcie Vujacic



Joanne Loewen

Back to
SCHOOL



Requirements for Humberside P.E.

FACE TO FACE (F2F) LEARNING DAYS:

- For safety reasons, it is recommended to always have 2 masks, hand sanitizer, water, and snacks

Each F2F day will consist of a combination of physical activity and health or theory classes.

Outdoor or Indoor Physical Activity: a mix of many outdoor activities, indoor activities, weight room, park environments. We will spend as much time outdoors as weather permits.

Every day, you must have:

- Humberside (or other) gym shirt
- Shorts or athletic pants, sweatshirt/hoodie
- Personalized water bottle (DO NOT SHARE)
- Athletic shoes and socks
- A change of clothes (socks, shoes) if weather is bad
- Towel to sit on?

It is vital that you check the weather each night and subsequent morning to prepare for extended, outdoor participation. You may also need:

SUN & HEAT	COLD/COOL	RAIN
<ul style="list-style-type: none"> • sunscreen 	<ul style="list-style-type: none"> • sweatshirt/sweatpants 	<ul style="list-style-type: none"> • waterproof bag/waterproof valuables
<ul style="list-style-type: none"> • hat 	<ul style="list-style-type: none"> • toque/winter hat, mittens or gloves 	<ul style="list-style-type: none"> • rain coat/pants
<ul style="list-style-type: none"> • sunglasses 	<ul style="list-style-type: none"> • warm jacket 	<ul style="list-style-type: none"> • water resistant shoes
<ul style="list-style-type: none"> • water 	<ul style="list-style-type: none"> • warm footwear 	<ul style="list-style-type: none"> • extra clothes to change if needed

INDOOR OR OUTDOOR CLASSROOM LEARNING (ie. Health, fitness theory)

- Pens, pencils DO NOT SHARE
- Course Binder/ folder
- Electronic device (optional)
- Clipboard or hard surface for writing on in and out of doors

SYNCHRONOUS LEARNING DAYS

- Computer with camera and mic.
- Athletic wear (some days)
- Course binder, pens, pencils

Humberside P.E. Uniform



Back to
SCHOOL

Facilities

UPPER GYM

LOWER GYM

1



2



3



POOL

4



WEIGHT ROOM



The Ontario Health and Physical Education Curriculum

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ASSESSMENT & EVALUATION

Knowledge & Understanding	15%
Thinking & Inquiry	10%
Communication	10%
Application	65%

Term Work 70%

Includes a variety of assessment and evaluation types.

E.g. Tests, quizzes, assignments, checklists, self-evaluations, peer evaluation, portfolio's, etc.

Culminating 30%

An evaluation(s) encompassing the entire course

E.g. Exam, reflection, portfolio, journal, etc.

Courses and Prerequisites for Health and Physical Education, Grades 9–12

Grade	Course Name	Course Type	Course Code	Prerequisite
Healthy Active Living Education, Personal and Fitness Activities				
9	HALE	Open	PPL10	None
10	HALE, PAF	Open	PPL20, PAF20	None
11	HALE, PAF	Open	PPL30, PAF30	None
12	HALE, PAF	Open	PPL40, PAF40 (co-ed)	None
Destination Courses				
12	Introductory Kinesiology	University	PSK4U	Any Grade 11 university or university/ college preparation course in science, or any Grade 11 or 12 course in health and physical education
12	Recreation and Healthy Active Living Leadership (co-ed)	University / College	PLF4M	Any health and physical education course

To View Details of Specific Courses Click [HERE](#)





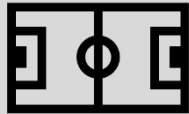
Gyms



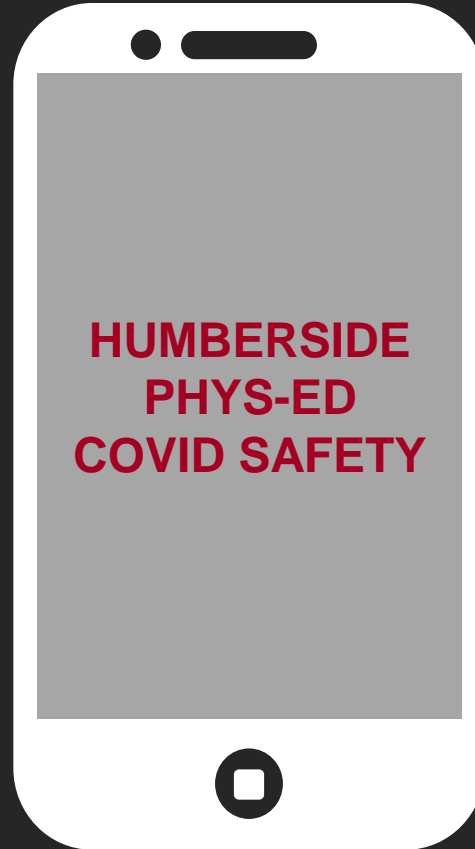
Change Rooms



Fitness Room



Field



Health & Physical Education Re-opening for September 2020

Humberson's Physical & Health Education department has adopted the COVID safety protocols that were proposed by the Toronto District School Board in addition to OPHEA's recommendations. To view our safety measures, please [click on the icons](#).

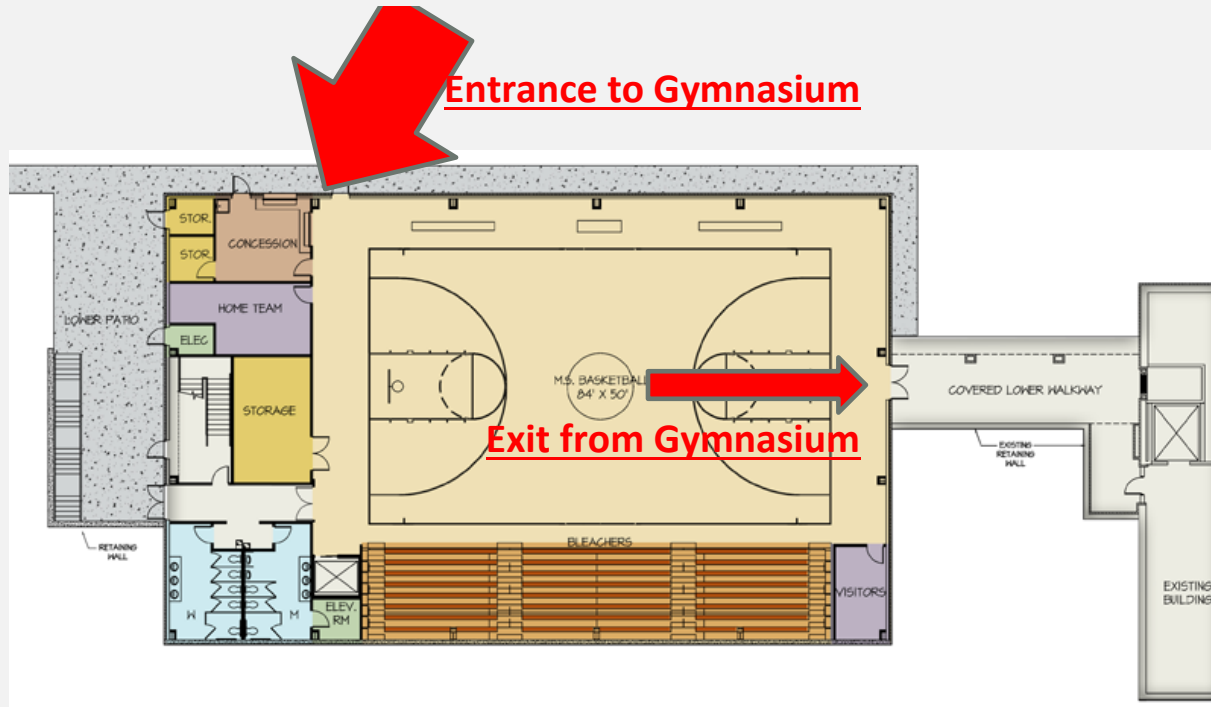


Gymnasium Doors, Equipment Room, Ventillation

If the gymnasium has a door or curtain separator, ensure that the door is closed or curtain is down to maximize the number of spaces allocated towards HPE classes.

Entrance and exits to equipment rooms should be limited to teaching staff.

Consult with your custodian staff to maximize ventilation in the gymnasium. This may include, but is not limited to: Opening, closing and securing, external exit doors; opening of external windows; adjustment of gymnasium ventilation system, etc.).



Gymnasiums

Entrance/Exit: If multiple entrance and exits points exist, clearly indicate with floor markings or signage for both staff and students.



Change Rooms

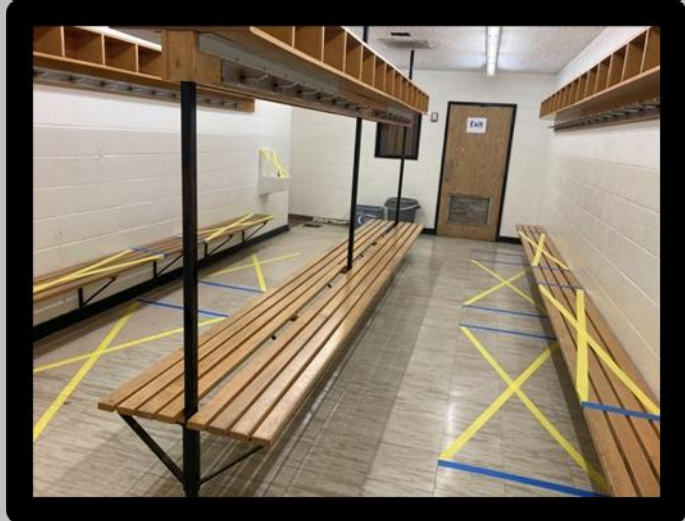
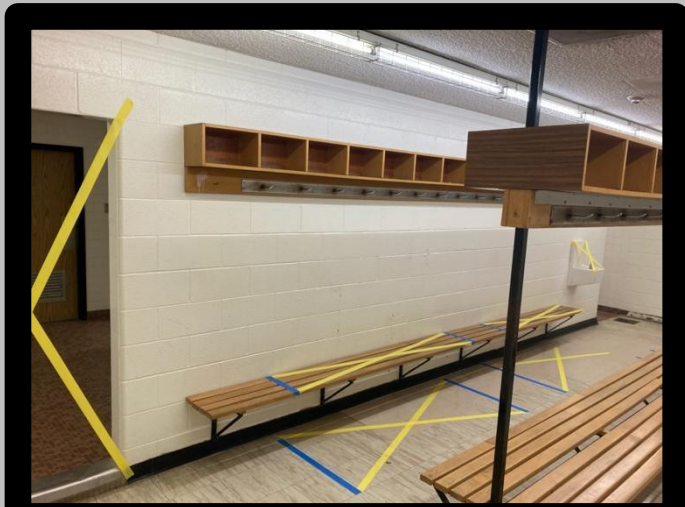
Students should be encouraged to come dressed for physical education. Where possible, students may wear appropriate clothing for physical education as outlined in the Ontario Safety Standards. Individual school uniform policies should not be in effect.

Entrance/Exits:

If multiple entrance and exits points exist, clearly indicate with floor markings or signage for both staff and students.

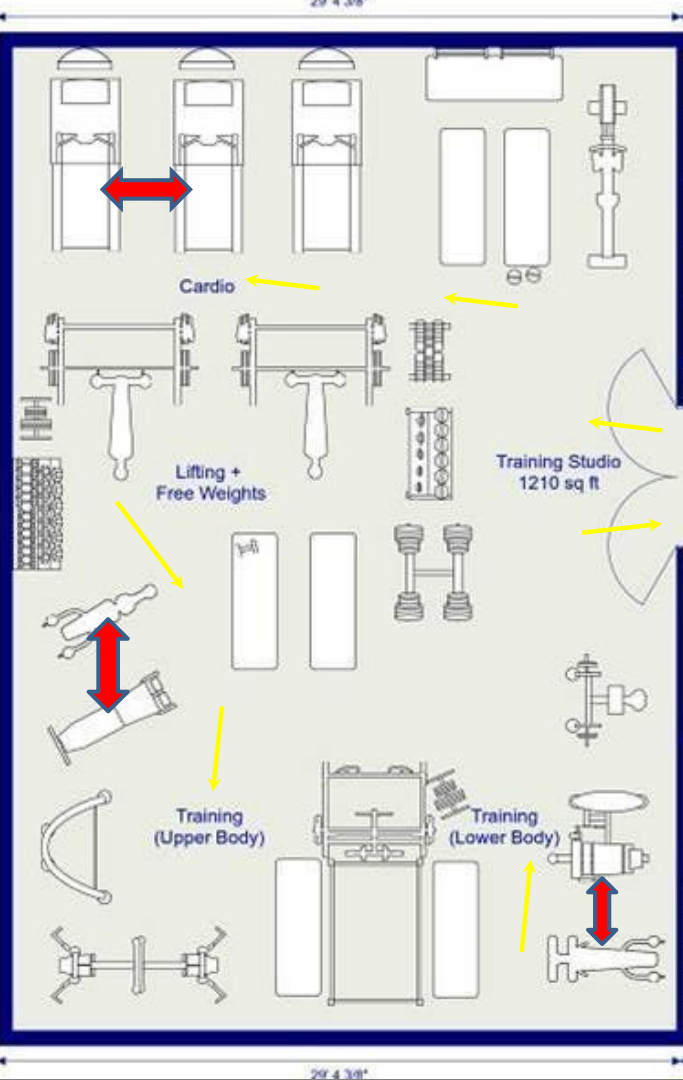
Number of Students in Change Room:

The change room should be evaluated to determine how many students can be in the change room while adhering to a social distance of 2m. The change room should have markings on the floor to assist with the social distancing (see figures below). In the example below, a maximum of 6 students should be in the change room at once. Students who require space to change, should be encouraged to do so efficiently and be reminded not to leave any personal belongings in the room. Students should be informed to enter and exit the change room while adhering to 2m social distance. If showers exist in the change room, they must be closed for use.

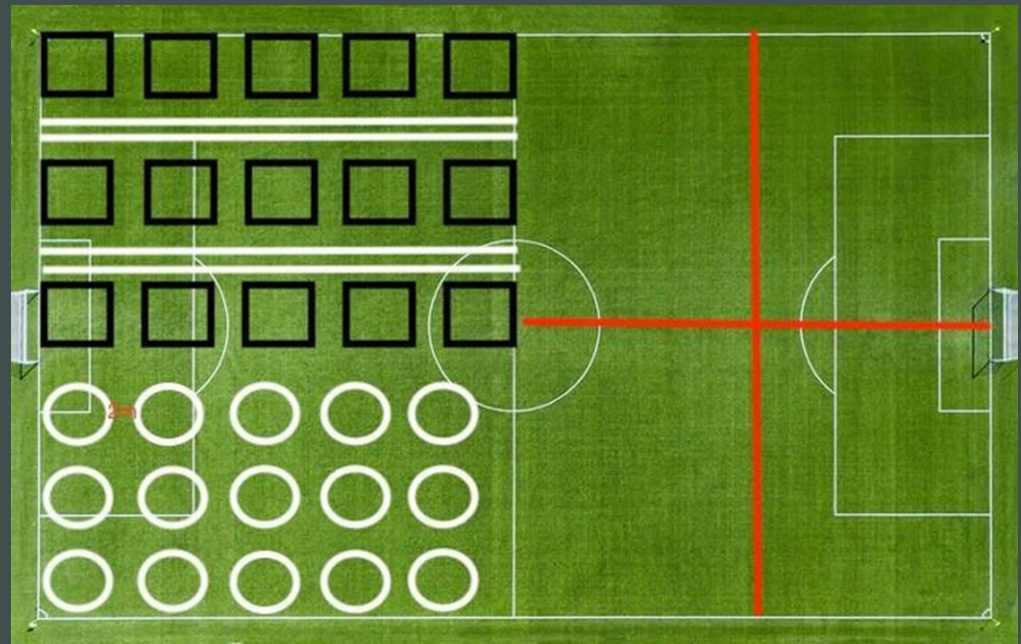
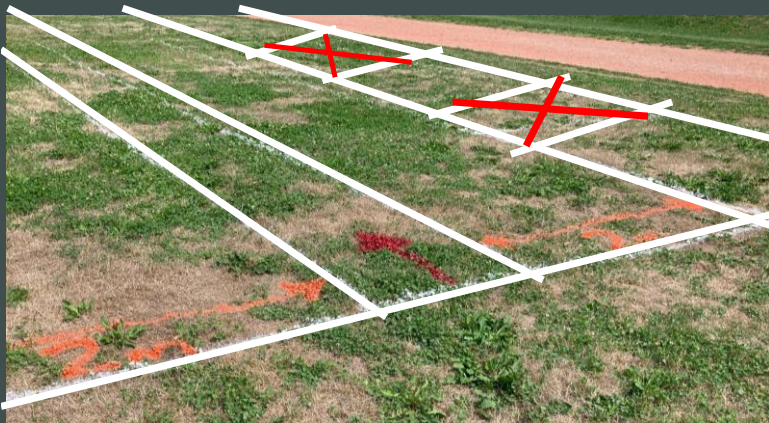
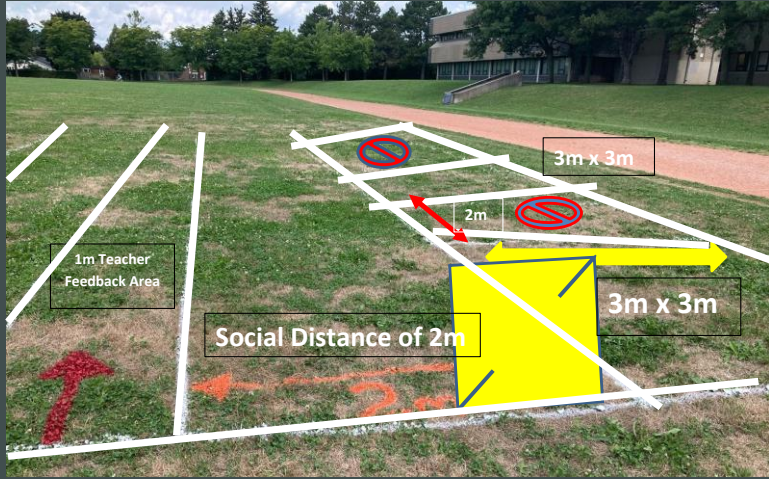


Fitness Room

- Clearly identified entrance and exit to the Fitness Room.
- Signs and directions are posted throughout the room to guide traffic flow.
- Equipment should be spaced at least 2m (6 feet) apart or barriers should be erected between equipment. If removal of equipment or erection of barriers is not possible, equipment closer than 2m (6 feet) apart should be closed to use. Should be separated into individual stations with 2m separation from another space.
- Each student may receive a cleaning spray bottle to use during their workout. Students are required to clean their equipment before and after each use.
- Spotting, working out in partners/groups, are not permitted. Students should consider using a lower weight that is safely manageable.
- Students are encouraged to bring their own small equipment, where possible, to decrease the number of items being handled.



Outdoor Spaces



- Maximize the outdoor space by creating individual fitness squares.
- Pylons can be substituted for line painting.
- Personal water bottles should be kept in the student's allocated square.
- Number the squares, allowing for students to use the same area/square each day.
- Spitting should be prohibited in the square, physical fitness area, and avoided as much as possible. Respiratory etiquette should be practiced at all times.





hci_hac

Humboldt State Collegiate Instit...



HUMBERSIDE ATHLETIC COUNCIL (HAC)



HAC is an integral part of student life at
Humberside. The council is responsible
for organizing and implementing our
intramural programs. In the past, HAC has
co-ordinated:

- Terry Fox Run
- Lunch Time BBQ's
- Fundraising Events (Husky vs. Tournament
for Sick Kids)
- Athletic Banquet



Interschool Athletics



Fall Sports

Cross Country

Field Hockey

Tennis

Basketball

Rugby 7's

Golf

Ultimate

Volleyball



Winter Sports

Hockey

Volleyball

Curling

Basketball

Swimming

Badminton

Indoor Soccer



Spring Sports

Softball

Soccer

Lacrosse

Baseball

Ultimate

Track & Field

Archery

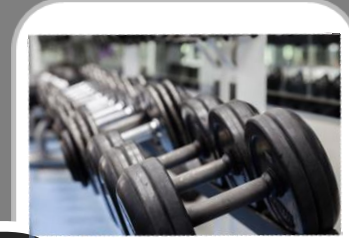


HUMBER FIT

No Judgement

Get Fit

Fitness Room
Open to Students
at Lunch



Have Fun

Meet People

All Are Welcome!!!

