

Physical Education 9 Ms. Bower Course Outline

Rationale and Philosophy

Alberta's vision for education focuses on children and their ability to achieve their individual potential, creating a positive future for themselves, as well as enhancing their quality of life.

The Program

The Physical Education program contributes to the development of life skills for personal management of health, for the use of physical activity as a strategy for managing life challenges, and for a setting within which to practice the ability to work with others. The program provides an opportunity for all students to realize the benefits of physical activity. This program strongly emphasizes the principle of active living.

Aim

Our aim is to enable individuals to develop knowledge, skills, and the attributes necessary to lead active healthy lifestyles.

Emphasis

This course will provide students with the opportunity to acquire & apply advanced physical skills, physical fitness skills, knowledge, social skills & attitudes related to physical education. The scope of this course will include a variety of activities in different settings, & with both individual and team focuses. Exposure to these activities will occur at an advanced level.

Classroom Expectations

Attendance

- Be on time (changed and read to go 5 minutes after the bell)
- Let the teacher know if you are injured
- You must have a note from your parents if your injury prevents you from participating in class. A Doctor's note is required if you will miss class for an extended period of time.

Prepared

- Wear appropriate gym attire (changing into a clean shirt & shorts/pants) - not changing for class will result in not participating or a poor attitude/effort mark
- Must wear indoor shoes that are clean and outdoor shoes for external use.
- No jewelry, watches, etc. allowed in class
- Locker room will be locked during class so your valuables will be safe.

Respect

- Must have teacher's permission to leave the gym
- Do not talk or use PE equipment during instruction
- No students are allowed in equipment rooms unless they have been given permission
- No swearing, food, gum or drink in the gym or fitness centre
- Treat classmates, teachers, Park for all Seasons personnel & substitutes with respect.

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- Help out. Help set up and take down needed equipment. Ensure equipment and pines go back in correct containers.

General Rule

- Have fun, put in effort every day and treat everyone with respect.

What You Need

- Indoor and Outdoor shoes – consult timetable.
- SCHS Gym T-shirt, shorts, jogging pants for inside and sweat top/pants for outside.

Evaluation

Student Teacher Centered Evaluations 65%

Students are involved in the decision making of the grading system. They are given the opportunity to evaluate themselves in three areas (Skills, Effort/Participation, Attitude/Sportsmanship) and decide the weight which favors their style.

40% skill		30% skill		30% skill
30% effort	OR	40% effort	OR	30% effort
30%attitude		30% attitude		40% attitude

Fitness/WarmUp 15%

The first 18 minutes of class is dedicated to an active physical warmup which includes a variety of activities, such as, jogging, running, core exercises, skipping, agility, stretching and circuits.

Health and Life Skills 20%

Guidance and Phys. Ed. Departments will share the teaching of the grade 9 health curriculum and will use assignments, presentations and tests for evaluations.

Topics:

- | | | |
|---------------------|------------------------|--------------------------|
| - Healthy Body | - Emotional and mental | - Relationships |
| - Sexual topics | skills | - Time management skills |
| - Drugs and alcohol | - Safety | - Careers |

TOTAL 100%

Come changed, be on time, try your hardest, be cooperative, demonstrate a positive attitude, show a willingness to learn and you will do great in this class.