

## **PE 20/30 Course Outline Miss Frauts**

### 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. The 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 and apply advanced physical skills, fitness, knowledge, social skills and attitudes related to physical education. The scope of this course will include a variety of activities in different settings, and with both individual and team focuses. There will be an exposure to a variety of activities at an advanced level.

### Classroom Expectations

#### Attire and Attitude

- be on time, wear appropriate clothing (changed 5 minutes after the bell)
- not changed for class and poor effort will be reflected in the evaluation of attitude and effort
- FOOTWEAR – indoor shoes that are clean and non-marking, outdoor shoes that are non-cleated
- No jewelry, watches, etc. allowed in class to reduce injury to yourself and others

#### Behaviour and Injury

- must have teacher's permission to leave the gym
- let the teacher know if you become injured during the class
- you must have a doctor's note to miss class for an extended period of time due to injury or illness

- you must have a note from your parent/guardian to miss a short period of time due to injury or illness
- hold PE equipment and pay attention during instruction
- no students are allowed in the equipment rooms unless they have been given permission
- equipment is to be returned to the appropriate bins and containers
- helmets, and rink gear is to be returned to its proper location
- no swearing, gum, or drinks (besides water) are allowed in the gym or fitness centre

### **MOST IMPORTANT**

- RESPECT classmates, teachers, substitutes, and all SPFAS staff and personnel
- Bring your best effort and attitude everyday ☺
- Locker rooms will be locked during class time HOWEVER do not leave \$, valuables or laptops in them to ensure their safe keeping

### What you NEED

- indoor and outdoor shoes
- appropriate t-shirt, shorts, track pants, long tops suitable for activities
- small notebook, binder for fitness journal

### Major Objectives

By the completion of this course, the students will have developed:

- a) Physical skills that will enable participation in a wide variety of activities with high skill level.
- b) Physical fitness and soundly functioning body systems for an active life in his/her environment.
- c) Knowledge and understanding of physical and social skills, fitness, scientific principles of movement, and the relationship between exercise and well-being
- d) Social skills which promote acceptable standards of behavior and positive relationships with others
- e) Attitudes and appreciations that will encourage participation in and enjoyment of physical activity, fitness, quality performance, positive self-concept, and respect for others.

### Evaluation

Teacher/Student Centered Evaluation 75%

Some units the students are involved in 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

favours their style. These areas are reflected in the Alberta Program of Studies as (a) Movement Activities (b) Benefits to Health (c) Cooperation/Fair Play (d) Do it for LIFE/EFFORT

40% skill (A/B)		30% skill (A/B)		30% skill (A/B)
30% effort (D)	or	40% effort (D)	or	30% effort (D)
30% effort (C)		30% attitude (C)		40% attitude (C)

Students will be given a daily mark for attitude and effort.

Skills will be assessed at different intervals throughout the course

Fitness and Warm-Up 15%

The first several minutes of class is dedicated to an active physical warm-up. This warm-up will include a variety of activities such as cardiovascular exercises, core movements, agility drills, stretching, and various circuit training workouts. This warm-up will vary in length depending on the unit of study. However, the average warm-up will be approximately 15-20 minutes.

Students will be evaluated on their warm-up on a regular basis.

Written Component

Knowledge, Application, Theory 10%

TOTAL = 100%