

# PE 9 Course Outline

**As per our new school motto “RISE UP” students will be encouraged to demonstrate “RESPONSIBILITY”, “INTEGRITY”, “STRENGTH”, and “EXCELLENCE” in all classes.**

## **Responsibility**

- At all times, you are responsible for your own effort and attitude and how you interact with others. Always treat classmates, staff, and our learning space with respect.

## **Integrity**

- Be someone who is worthy of trust and admiration.
- Work submitted as your own must be created entirely by you.
- Credit others where credit is due: this includes citing information used in your work and also crediting and thanking those who help you on your way.

## **Strength**

- One of the best ways to learn is to fail. Embrace this, learn, and try again.
- This building is full of caring people. Seek help and support when you need it – from friends, teachers, and counsellors.
- Understand that we all experience stress and problems. How we deal with them and overcome them demonstrates strength in our character.

## **Excellence**

- Excellence can never be achieved without a foundation of responsibility, integrity, and strength.
- Excellence is PERSONAL excellence. Your personal excellence may look very different than another person’s. Set realistic goals and strive to meet them.

## **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 and apply advanced physical skills, physical fitness skills, 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. Exposure to these activities will occur at an advanced level.

## **Classroom Expectations**

- Be on time, wearing appropriate gym attire. (changed 5 minutes after the bell)
- Not changed for class and poor effort will be reflected on the attitude/effort mark.
- One must have the teacher's permission to leave the gym. Not allowed to re enter the gym through outside doors.
- 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 be missing class for an extended period of time.
- Hold PE equipment and pay attention during instruction.
- No students are allowed in equipment rooms unless they have been given permission.
- Put equipment in appropriate bins and pinnies in correct containers.
- No swearing, food, gum, or drink allowed in the gym or fitness centre.
- At the end of class students have time to change but must remain in gym until the bell rings.
- Locker room will be locked during class so that your valuables will be safe.
- Treat classmates, teachers, Park for all Seasons personnel, and substitutes with respect.
- No jewelry, watches, etc. allowed in class.
- Other students are not allowed in the PE wing.
- We like to see your best effort and attitude everyday.

## **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**

### **Individual Units**

**65%**

Split into 3 categories, evenly weighted, both teacher and student input, scored using a rubric with the following identifiers:

**Effort:** Standing around – Participating - Athletic attire - Increased heart rate (sweating)

**Attitude:** Disruptive – Respectful – Sportsmanship - Misuse of equipment

**Skills:** Below average – moderate - excellent skills.

Note: Being an activity based course the student is required to present to participate. If there are reasons for lots of absences, like a major injury or a family vacation, make-up assignments could be requested which include: a written report, journal and/or rehab program.

**Fitness/Warm Up** **15%**

The first 15 minutes of class is dedicated to fitness which includes a variety of activities, such as cardio, weight training, exercise tubes, medicine ball, core exercises, and skipping.

**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
- Sexual Health Education
- Drugs and alcohol
- Emotional and mental skills
- Safety
- Relationships
- Time management skills
- Careers

**TOTAL** **100%**

**\*\*IMPORTANT PE TIP!!!**

**Come prepared, 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.**

