



PHYSICAL EDUCATION 10 / 20 HPC
High Performance Class (5 credit)

A) INSTRUCTOR: MR. DEDRICK (jdedrick@gsacrd.ab.ca)

B) OBJECTIVES: The aim of the Alberta Education Kindergarten to Grade 12 Physical Education Program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The purpose of the Physical Education 10/20 HPC Course is to provide students with an opportunity to cover the entire prescribed curriculum while training with other athletes with the same focus. Emphasis will be placed on curricular knowledge, skills, and attitudes objectives that support the maximization of physical, social, cultural and emotional potential through basketball and other sporting endeavors. Experts in specific sports will provide the theory and practical background, allowing students enrolled in this course to not only increase their level of fitness and work on their mental training, but also have the opportunity to refine their specific sport skills.

C) General Sports Activities: Basketball, Soccer, Volleyball, Aussie Rules Rugby, Badminton, Floor hockey, Handball, Ultimate Frisbee, Netball, Tennis, Indoor Soccer, Lacrosse, Fencing

D) Life Long Activities: Bowling, **Rock Climbing**, Golf/Mini-Golf, Billiards, **Laser Tag**, Swimming

E) Individual and Team Fitness: Weight / Circuit Training, Plyometrics, Aerobics, Yoga

F) Physiological Concepts and Sport Psychology Skills: Human Anatomy, Sports and Life, Nutrition ,

G) Evaluation: 

ACTIVITY	BENEFITS HEALTH	COOPERATION	DO IT DAILY
40%	20 %	25 %	15 %
<i>(Skill Analysis)</i>	<i>(Pre/Post Game Nutrition)</i>	<i>(Tournament Leadership)</i>	<i>(Healthy Lifestyle)</i>
<i>Examples of activity:</i>	<i>Examples of benefits health:</i>	<i>Examples of cooperation:</i>	<i>Examples of doing it daily:</i>
Badminton	Nutrition	Etiquette and Fair Play	Effort
Basketball	Lifestyle	Team Work	Safety
Weight Training	Personal Fitness	Communication	Personal Goals
Volleyball	Body Image	Leadership	Reflective journaling

EVALUATION cont.....

1: Service hours requirement (5 hrs – MUST be school related)

- a) teach a selected activity in another PE course at school during a spare, lunch time or after school. (ie) teach an aerobic class for PE10 during spare
- b) to act as a statistician of a school team (VB, BB etc.)
- c) assist in intramurals, open house, various tournament organization
- d) act as positive PR for SACHS during feeder school visits

These service hours are mandatory and failure to complete will result in a loss of 2% from the student's grade to a maximum of 10%. An account of the activity, actual time spent and the signature of the teacher involved are required.

2: Phys. Ed Logbook:

You will be given a logbook which will be collected approximately twice per month for grading purposes. It will contain;

a) A self-reflective description of yourself – to include likes / dislikes; sports played; medical history; bones broken etc. Include schedules activities

b) Multiple 1 page write-up / activity reflection sheets on each unit or outside activity covered which should be completed after each unit or out of school activity

- likes / dislikes of unit / activity (drills, games etc.)

- what you understood about the unit / activity

- what you would do to improve the unit and whether you would do this activity again.

c) Rules, helpful hints on non-traditional sports covered in class

d) Service hour documentation sheet along with **social skills evaluation sheet which is marked each reporting period.**

3: Peer Teaching Project:

Students will work in PAIRS to prepare, plan, and deliver an instructional activity / game of their choice to the rest of the students in the class. A detailed instructional plan, timeline, activity schedule and statement of intended objectives must be submitted to the teacher prior to the commencement of their delivery.

H) TEACHER EXPECTATIONS:

YOU have made the choice to register in this **OPTIONAL** course. **DO NOT** take that choice lightly as there are many expectations of you in this class.

1. **Gym wear : HPC t-shirt is preferred – especially for activities outside the school.** Only approved gym wear will be allowed (i.e. t-shirt, shorts or sweat pants, socks, and appropriate running / court shoes). It is the student's responsibility for dressing appropriately for outside weather conditions.
2. **Sickness /Injury:** a student must present a note from a parent or doctor (see attendance component).
3. **Class Time:** starts 5 minutes after the bell and ends 5-10 minutes before the bell. **DO NOT** leave valuables lying around either in the locker room or bleachers. To do so is at your own risk.
4. **Behavior:** Since many of the activities take place outside of the school and because students represent not only themselves, but the teachers and St. Albert Catholic High as well, inappropriate behavior **will NOT** be tolerated. Abuse of equipment, derogatory language or actions, and general acts of irresponsibility will result in an immediate loss of 3%. Students may be removed from the immediate activity and in severe cases, may be removed from the class, with the loss of 5 credits.

D) Cost:

There will be a \$80 fee for this course in order to cover costs for “out of school” activities. The cheque can be made out to St. Albert Catholic High and **MUST** be in prior to the first activity!! Generally, an individual will not be able to participate in outside activities until all monies owed are submitted.

Through a Healthy Body

You build a Strong Mind

Along with a Positive Character