

# PHYSICAL EDUCATION 10

COURSE OUTLINE 2008/2009

Instructors: *Mr. T. Ung*

## Objectives:

The aim of the Alberta Learning 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.



### **General Outcome A**

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.



### **General Outcome B**

Students will understand, experience and appreciate the health benefits that result from physical activity.



### **General Outcome C**

Students will interact positively with others.

- ◇ Communication
- ◇ Fair Play
- ◇ Leadership
- ◇ Teamwork



### **General Outcome D**

Students will assume personal responsibility to lead an active way of life.

- ◇ Effort
- ◇ Safety
- ◇ Goal Setting / Personal Challenge
- ◇ Active Living in the Community

## Course Content:

All activities, both outdoor and indoor, are chosen to nurture the philosophy of Active Living and Fitness for Life. This year's activities **may** include; Survivor Challenges, Rugby, X-country Running, First Aid, Badminton, Weight Training, Ultimate Frisbee, Dodgeball, Swimming, Skating/Hockey, Tennis, Handball, Lacrosse, Flag Football, Soccer, Slowpitch, Soccer Baseball, Volleyball, Apache Ball, Free Ball etc. Other activities may be offered depending on student/class interest.

## Course Expectations:

1. **Gym wear:** Only approved gym wear will be allowed (i.e. t-shirt, shorts or sweat pants, socks, and appropriate running/court shoes). NO OUTSIDE SHOES PERMITTED IN THE GYM!
2. **Sickness /Injury:** a student must present a note from a parent or doctor.
3. **Class Time:** attendance will be taken 5 minutes after the bell and dismissal will be approximately 2-3 minutes before the bell.
4. **Behaviour:** Some activities take place outside of the school setting. Students MUST remember they not only represent themselves, but the school community as well. Inappropriate behaviour will NOT be tolerated. Abuse of equipment/facilities, derogatory language or actions, and general acts of irresponsibility will result in an immediate removal from the activity. In severe cases, the student may be removed from the class.

## Course Evaluation:

General Outcomes A 30%	General Outcomes B 35%	General Outcomes C 15%	General Outcomes D 20%
<ul style="list-style-type: none"><li>• Game play</li><li>• Skill acquisition</li><li>• Fitness</li></ul>	<ul style="list-style-type: none"><li>• Tests/quizzes</li><li>• Journals</li><li>• Nutrition</li></ul>	<ul style="list-style-type: none"><li>• Encourages classmates</li><li>• Leadership</li><li>• Cooperation</li><li>• Positive attitude</li><li>• Participation</li><li>• Contribution to play/drills</li><li>• Listening &amp; application</li><li>• Efficient use of time</li><li>• Neat &amp; orderly logbook</li></ul>	<ul style="list-style-type: none"><li>• Safety</li><li>• Effort</li><li>• Personal challenge</li><li>• Active living</li></ul>

## Phys. Ed. Logbook (Outcome B):

Each student is given a logbook that will be collected every week for evaluation. It is the student's responsibility to make sure their logbook is kept up to date and is handed in. Class time will be given to complete logbook activities.

**Through a Healthy Body**

**You build a Strong Mind**

**Along with a Positive Character**

