

# HIGH PERFORMANCE PHYSICAL EDUCATION 10

## 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 High Performance Physical Education 10 course (5 credit) is to provide students with an opportunity to cover the entire prescribed curriculum while also 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 sporting endeavors. Students will have the opportunity to increase their level of fitness and work on their mental training, but also refine their specific sport skills.

While attending to the Physical Education 10 Alberta Education curriculum this course will also be a blend of various aspects of sport and include; classroom activities, training sessions, as well as a cross section of activities and sports.



### ***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

## Cost:

There is an **\$80.00** fee for this course to cover the costs of our “out of school” activities. Payment should be made to St. Albert Catholic High School and **MUST** be received prior to the first “out of school” activity (no \$\$\$ = no play). Students who cannot meet this requirement due to financial difficulty, should speak to their instructor personally.

**\*\*\* Note: You are ineligible to take this course if you have successfully completed Physical Education 10 in summer school.**

## 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:

<b>Outcome A (activity)</b>	<b>Outcome B (benefits of health)</b>	<b>Outcome C (cooperation)</b>	<b>Outcome D (do it daily)</b>
<b>30%</b>	<b>35%</b>	<b>15%</b>	<b>20%</b>
<i>(Skill Analysis)</i>	<i>(Pre/Post Game Nutrition)</i>	<i>(Tournament Leadership)</i>	<i>(Healthy Lifestyle)</i>
<i>Examples:</i>	<i>Examples:</i>	<i>Examples:</i>	<i>Examples:</i>
Badminton	Nutrition	Etiquette/Fair Play	Effort
Basketball	Lifestyle	Team Work	Safety
Weight Training	Personal Fitness	Communication	Personal Goals
Volleyball	Body Image	Leadership	Reflection

## 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.

## School Service/Volunteer Hours (Outcome C):

Students must complete 2 hours of "school" service hours by the end of the semester. There are a number of ways students can complete this task . . .

1. Teach an activity to another Phys. Ed. Class during a spare;
2. Act as a statistician, scorekeeper, or manager of a school team;
3. Assist with other school activities (intramurals, dances, fundraisers, tournaments, etc).

There are many opportunities out there. The longer you wait, the harder it is to complete your hours.

Through a Healthy Body

You build a Strong Mind

Along with a Positive Character