

# PHYSICAL EDUCATION 30

## 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; Scuba Diving, Survivor Challenges, Rugby, X-country Running, First Aid, Badminton, Water Polo, Rock Climbing, Weight Training, Ultimate Frisbee, Dodgeball, Swimming, Skating/Hockey, Golf, Mini-Golf, Laser Tag, 5/10 Pin Bowling, Billiards, Tennis, Handball, Lacrosse, Flag Football, Soccer, Slowpitch, Soccer Baseball, Volleyball, Gymnastics, Apache 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>• Peer teaching</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>

## Cost:

There is an **\$180.00** 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.

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

Students must complete 5 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.

## 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.



## Peer Teaching (Outcomes A/B/C):

Students will work in PAIRS to prepare, plan and deliver an instructional activity (lesson) to the rest of the class. A typewritten lesson plan (objectives, timeline, list of activities) must be submitted to your instructor prior to peer teaching. **NO** class time will be given for this assignment. Skills progression, time management, warm ups, cool downs should be considered. There can be no "duplication" of activities.

**Through a Healthy Body**

**You build a Strong Mind**

**Along with a Positive Character**