

# Physical Education 10 Course Outline

Semester One  
Block Four Monday-Friday

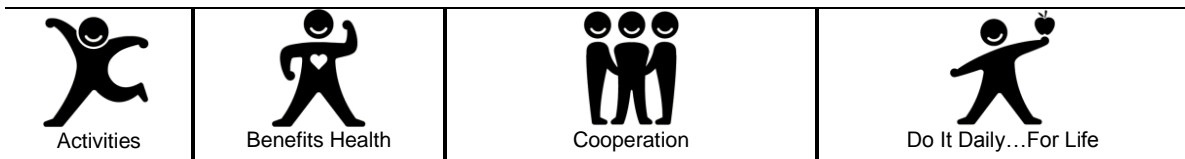
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## Course Philosophy

The aim of the Physical Education program in Alberta is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

## General outcomes in Physical Education

There are four general outcomes that Physical Education is based on.



- Activity:** Students will acquire skills in various movement activities.
- Benefits Health:** Students will understand the health benefits that result from activity.
- Cooperation:** Students will have positive interaction with others; develop & appreciate leadership skills.
- Do it Daily for Life:** Students will learn the value in leading an active lifestyle.  
(Outcomes B,C & D will be achieved through safe and active participation in Activities for Outcome A)

## Course Expectations

1. **Arrive on time.** Students will arrive in the gym on time and changed. Lateness will affect student's mark.
2. **Appropriate Gym attire.** Students will be dressed in appropriate attire for the activities of the day. Long hair should be tied back and all jewellery must be removed. Do not leave valuables in the locker room. If classes are held outside students are expected to be dressed for the weather. Schedules will be posted in advance.

### Appropriate Gym Attire

- Tee-shirt or sweat top
  - Gym shorts or sweat pants
  - Running shoes – indoor and non-scuff. No sandals allowed.
3. **Participation.** Students will participate daily in a safe and sportsman-like manner. A note from home is required if absent or if unable to participate.

4. **Safety.** Students will conduct themselves in a safe manner during all activities in Physical Education. A safe environment will be maintained at all times. Respect must be shown to your peers, your teacher or supervisor, & yourself. If students do not comply with safety procedures they will be excluded from activities.
5. **Equipment.** Students are responsible for helping with the set up and tear down of all equipment. This will affect student's mark.
6. **Food.** No eating, drinking of pop or gum chewing will be allowed.
7. **No scent policy:** no spray deodorant/perfumes will be allowed.
8. **Have Fun!** We are all here to learn and be active! Approach Physical Education with a positive attitude and we'll have a great semester.

### **Instructional Strategies used in Physical Education**

Direct teaching for health and well-being  
 Locomotion development  
 Non-locomotors development  
 Manipulation development  
 Skill development  
 Team play strategies  
 Modelling

### **Scope and Sequence**

#### September

Fitness Activities  
 Soccer/Touch Football  
 Slow pitch  
 Volleyball

#### October

Volleyball continued  
 Golf

#### November

Basketball  
 Badminton

#### December

Snow shoeing  
 Curling  
 Weight training

#### January

Floor Hockey  
 Team Handball  
 Dance

This is a tentative schedule since outdoor units are based on the weather. Additional sports/activities will be included throughout the semester.

## **Assessment**

Student's grades will be based on the following breakdown:

Term Mark		Course Marks	
Daily Participation	40%	Term One	50%
Leadership skills	10%	Term Two	50%
Skills Testing	25%	Semester One Overall	100%
Theory Tests	25%		
Term Overall	100%		

Dates	September	October	November	December	January
Unit/Activity Choices	-Fitness assessment -Soccer/Touch Football (2 weeks) -Golf (1 week) -Leadership of Terry Fox Run (20/30) Slow Pitch (1 week)	Volleyball (3 weeks) Fitness activities (2 days) Team Handball (1 week)	Reassess Fitness Basketball (3 weeks) Curling (1 week)  Grand Prairie Trip (swimming/bowling and wall climbing)	Badminton (2 weeks) Snow shoeing Weight Training (1 week)	Final Fitness Assessment Dance (1 week) Floor hockey (1.5 weeks)
Dimension	Goal oriented games Individual Activities Target Games	-Games: net and wall -Training programs: circuit	-Games: Goal oriented -Alternative environment -Aquatics	-Games: net -Training Programs -Outdoor Pursuits	Dance: Social and contemporary Games:
General Outcomes	A: Activity B: Benefits health C: Cooperation D: Do it Daily... for life!	A: Activity C: Cooperation D: Do it Daily... for life!	A: Activity B: Benefits health C: Cooperation D: Do it Daily... for life!	A: Activity B: Benefits health C: Cooperation D: Do it Daily... for life!	A: Activity B: Benefits health C: Cooperation D: Do it Daily... for life!
Assessment and Communication	-Daily participation mark -Soccer skills -leadership mark from rubric -Golf quiz	-Daily participation mark -Volleyball written test and skills test -Team handball terms quiz	-Daily participation mark -Basketball written test and skills test -Curling written test	-Daily participation mark -Badminton written test and skills test -Weight training: Goal setting, log book and research (leadership)	-Daily participation mark -skills mark for fitness level changes -Dance choreograph mark
Resource/Facilities	-Field -Hines Creek Golf Course -Gym	Gym Volleyball equipment	-Arena -Gym -Basketball equipment -Grand Prairie: Wall climbing and pool	-Gym -Weight room at fire hall	Gym

