

A. Scope and Sequence

Major Sport Coverage

Football; Cross Country
Volleyball, Basketball, Curling, Hockey, Badminton
Track & Field, Baseball

Season

Fall (Sep-Oct)
Winter (Nov-Mar)
Spring/Summer (Apr-Jun)

B. Instructional Strategies / Student Activities

Skill Development
Fitness Activities
Exercise Components
Game Play
Personal Evaluation

E. Evaluation Summary

Term Work:

Daily Participation (Rubric)	50%
Skills Testing and Personal Fitness Plan	25%
Tests and Quizzes	25%

F. Summary of Strand Curriculum Objectives (Alberta Learning, 2000)

A: Skill development through a variety of developmentally appropriate movement activities.

Locomotion: e.g., walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion.

Non-Locomotion: e.g., turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging.

Manipulation: e.g., receiving (catching, collecting), retaining (dribbling, carrying, bouncing, trapping), sending (throwing, kicking, striking).

Application of Skills in a Variety of Environments: e.g., orienteering.

Application of Skills in Dance: e.g., dance sequencing, social dance, novelty dance, choreography, performance.

Application of Skills in Games: activity specific skills, challenging strategies, coordinated efforts, team play, fair play, common goal, student created games.

Application of Skills in Gymnastics: e.g., quality of movement (functional and expressive).

Application of Skills in Individual Activities: e.g., power walk, personal fitness activity.

B: Understand, experience and appreciate the health benefits that result from physical activity.

Functional Fitness: nutrition and performance; fitness testing; components of fitness: strength, endurance, flexibility, cardio-respiratory; growth plans (personal fitness plan).

Body Image: body types, positive participation by all, negative effects of performance enhancing substances, media and peer images.

Well-Being: effects of exercise on: body systems, personal fitness, stress management, relaxation,

C: Positive interactions with others.

Communication: appropriate means of communication of thoughts and feelings as related to participation; identify positive active living role models.

Fair Play: etiquette, fairness, why rules sets are in place in various sports.

Leadership Roles: responsibility of, participation in, identification of, followership.

Teamwork: practices that contribute to teamwork, positive behaviours, respect.

D: Responsibility to lead an active way of life.

Effort: regular participation in all activities, benefits of an active lifestyle, motivating factors in an active lifestyle.

Safety: rules, routines and procedures necessary for safety, warm-up, cool down, protective equipment.

Goal Setting / Challenge: record and analyze based on ability and interest, self evaluation of goals, challenging oneself.

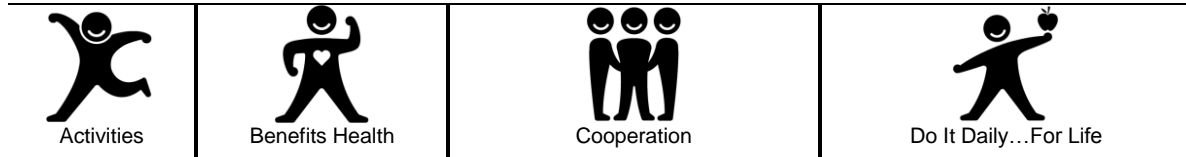
Active Living in the Community: identify community programs, personal strategies to overcome barriers.

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.

Have Fun! We are all here to learn and be active!