

PHYSICAL EDUCATION – GRADE 9 COURSE OUTLINE

Mrs. J. Bakken

OVERVIEW

The aim of the 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 LEARNING OUTCOMES

The four general outcomes upon which the Kindergarten to Grade 12 physical education program is based state that 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
- Understand, experience and appreciate the health benefits that result from physical activity
- Interact positively with others
- Assume responsibility to lead an active way of life

OBJECTIVES

1. Students will develop an understanding of their fitness level and how to achieve and maintain physical fitness.
2. Students will develop skills and knowledge in a variety of individual and team activities that can become lifetime pursuits.
3. Students will contribute to an atmosphere of cooperation, fair play, and respect in sport and recreation.

PROPOSED ACTIVITIES

Volleyball	Team Handball	Ice Skating
Badminton	Stuntastics	Touch Football
Lacrosse	Basketball	Swimming
Track & Field	Social Dance	Softball
Soccer	Tennis	Ping Pong
Low Organized Games	Curling	

ASSESSMENT & EVALUATION

Evaluation will provide positive, supportive feedback to students and will be communicated regularly.

Term Mark:

Attendance, Participation & Proper Clothing	40 %
Behavior/Sportsmanship	40 %
Skills	20 %

Final Mark:

Term 1	25 %
Term 2	25 %
Term 3	25 %
Term 4	25 %

There is no final exam in physical education.

CLASS EXPECTATIONS

All students are expected to display:

- Sportsmanship
- Cooperation (Teamwork)
- Respect for Equipment & Facilities
- Self-Control
- Fair Play
- Effort
- Adherence to Rules
- Concern for Safety of Self & Others

CLOTHING POLICY

Proper gym clothing (suitable running shoes, shorts or sweat pants, and a t-shirt) must be worn at all times.

*** Failure to do so will result in a 2 % deduction for that day.*

PARTICIPATION

Participation is expected at all times as it is the school's philosophy that if you are well enough to attend school you are well enough to participate in physical education class. Exceptions are made only if students provide a doctor's note regarding a specific injury or condition.

*** Failure to do so will result in a 2 % deduction for that day.*

BEHAVIOR

Responsible and respectable behavior is expected of all students at all times during physical education class. This includes the class expectations listed above.

*** Failure to do so will result in a minimum of a 2 % deduction for that day.*

Late =	-1 %
Behavior =	- 2 %
Red Slip =	- 5 %
Not Changed =	- 2 % (if you cannot participate, 2 % is deducted from your participation mark, also)

PLEASE NOTE:

- Food and drinks are not allowed in the gym at any time.
- Students are encouraged to leave valuables at home. Items brought to school should be locked in your hallway locker.