

# **PE 10 COURSE OUTLINE**

**Semester 1  
2022-2023**



**Mrs. Hansen**

## **PHYSICAL EDUCATION RATIONALE**

Physical Education is the instruction in the development and care of the body. Through a physical education program, students gain knowledge about fitness and leisure activities, which in turn gives each and every student an opportunity for enjoyment and participation. It also gives each student a chance to gain knowledge, learn skills and develop a sportsmanship - like attitude. Overall, it helps to condition the student to become healthier in body and mind.

### ***THIS IS A REQUIRED COURSE FOR GRADUATION!!!!***

#### **THE 4 GENERAL OUTCOMES OF PHYSICAL EDUCATION**

- A** Students will acquire skills through a variety of developmentally appropriate movement activities; in an alternative environment.
- B** Students will understand, experience, and appreciate the health benefits that results from physical activity.
- C** Students will interact positively with others.
- D** Students will assume personal responsibility to lead an active way of life.

#### **MATERIALS REQUIRED FOR CLASS:**

1. Please have indoor runners in gym. (No runners - No participating)
2. You must change for every class; top and bottom. (t-shirt, shorts, sweats acceptable)
3. A notebook and pen are required for each class

## **UNIT SET-UP**

1. Students will be given a handout or notes for each unit.
2. Skill improvement drills.
3. Modified games and activities for each unit.
4. Game situations and officiating.

## **EXPECTED CLASS BEHAVIOUR**

1. Students are expected to treat the teacher, substitute teachers and fellow students with respect at all times.
2. Students will be changed and in the gym 5 minutes after the bell.
3. Regular attendance is required.
4. A strong effort must be put into every class.
5. Students must stay in the gym until the bell rings.

## **ATTENDANCE POLICY**

An absence will be counted whenever a student is not present in class, unless he/she is on a school approved activity. A student who misses 25% of class time will be marked absent.

Daily participation is required to be successful in this class. Daily participation means:

- student is on time and changed into appropriate gym attire
- participating in class to the best of their ability
- student does not leave class without permission

Students who are unable to fully participate in Physical Education classes due to **medical difficulties** are required to obtain a **medical certificate** to be exempted from class. The student will be allowed to enroll in a Physical Education class the following semester upon recommendation of the attending physician.

## **Outcome D – Daily Activity**

### **40% of Final Mark**

**Students will receive a daily mark out of a possible 5 marks. These marks will be based on the students' ability to show attainment of the 4 outcomes of Physical Education as defined by the curriculum.**

**Outcome A: Activity –display effort/ability to attempt to acquire skills**

**Outcome B: Participation in activity**  
**Outcome C: Cooperation and positive interactions with others**  
**Outcome D: Do it Daily – responsibility and leadership**

**Daily participation in physical education is essential to the success of the student. If a student does not participate in the class, no participation marks will be earned for that class.**

- \* Medical notes and school sanctioned trips are the only excusable absences from class.
- \* A doctor's note is required if a student cannot participate for more than 5 class days. Medical notes must have a **time** and **date** on them).
- \* Parental notes excusing a student from class due to injury or illness must include the reason for the absence and the time and date of the absence.
- \* Students who are injured or sick with a note still must attend classes if at school, or the marks will be deducted.

Appeals procedure – should a situation arise where a student is not satisfied with an assessment outcome, first discuss the matter with the teacher outside of class time. If the teacher and student are unable to resolve the issue, then the teacher will approach another teacher to assess the assignment. The teacher will not have prior knowledge of the students name or the previous grade. If there is still an issue, a meeting will be set up between the student, teacher, parents and administration to resolve the matter. The commencement of an appeal must occur in a timely manner, within 48 hours of receiving the marked assignment. In return, the appeal process will be completed as soon as possible.

#### **STUDENT ASSESSMENT:**

**Assessment for Learning (Formative Assessment)** is a systematic process of collecting information or evidence about student learning and is not assigned a grade/mark for the report card. **Assessment of Learning (Summative Assessment)** is the judgment we make about the assessments of student learning based on established criteria and a mark/grade is recorded for the report card. The purpose of assessment is to improve student learning. This means that judgments of student performance must be criterion-referenced so that descriptive feedback can be given that includes clearly expressed next steps for improvement. Tools of varying complexity are used by the teacher to facilitate this. For the more complex evaluations, the criteria are incorporated into a rubric where levels of performance for each criterion are stated in language that can be understood by students. Where possible, students will be engaged in their own assessment through self-reflection and the construction of rubrics

Assessment is embedded within the instructional process throughout each unit rather than being an isolated event at the end. Often, the learning and assessment tasks are the same, with formative assessment provided throughout the unit. In every case, the desired demonstration of learning is articulated clearly and the learning activity is planned to make that demonstration possible. This process of beginning with the end in mind helps to keep focus on the expectations of the course curriculum outcomes. The evaluations are expressed as a percentage/mark/grade based upon levels of achievement.

When the teacher's professional judgment indicates the student is in a position to demonstrate learning on a summative assessment with greater success than the initial attempt, such an alternative or additional summative assessment will be provided at a time agreed upon by the student and the teacher.

**The Final Mark/Grade:**

The evaluation for this course is based on the student's achievement of curriculum expectations and the demonstrated skills required for effective learning.

**Grade Determination:**

Term Grade Determination: grade will be based upon evaluations conducted throughout the course. This portion of the grade will reflect the student's most consistent level of achievement throughout the course, although special consideration will be given to more recent evidence of achievement.

Final Grade Determination: grade will be based on the accumulation of term grade evidence and a final examination administered at the end of the course, based on an evaluation of all units of the course (where applicable). This grade will reflect the student's most consistent level of achievement throughout the course, although special consideration will be given to more recent evidence of achievement.

## EVALUATION

20%	Fitness Tests
40%	Daily Activity
20%	Assignments and Exams
<u>20%</u>	Final Exam
100%	

With the implementation of the new course curriculum, the course is now concentrating on an active living rationale. The students will focus on personal fitness as the primary goal of physical education as well as the pursuit of life - long physical activity.

Students will take a first aid course for credit and gives them certification from St. John Ambulance for 3 years

**Any students missing assignments or tests will have one week prior to the reporting period to complete for marks. Fitness tests can be made up during on students own time either before or after school.**

## PE 10 TENTATIVE TIME LINE

CLASSES	ACTIVITY
Sept 1	Course Outline
Sept 2	Fitness Evaluation
	Fitness Test
10	Outdoor activities - Flag Football, Slow Pitch, Ultimate Frisbee
25	Fitness
15	Badminton
15	Volleyball
15	Basketball
10	Team Handball
5	Pickle Ball

\*\* All dates are tentative.

\* **Throughout** the course of the semester, there will be 8 fitness tests.

### Dear Student and Parents:

The above course description is provided for your information. This is what we plan to accomplish in our Physical Education Class as stipulated in the Alberta Education guidelines. If you require further information or have any questions regarding the course or the student's progress at any time during the year, please feel free to contact me at 786-2624. Please notice the daily activity portion of the mark. It is very important that you, understand the importance of the active component of the course and the marking scale that corresponds to it.

Please sign this course outline as evidence to me that you have read the outline and understand the requirements of the course. Please return the signatures by September 9, 2022.

Thank-you.

Mrs. Hansen  
[kelle.hansen@ngps.ca](mailto:kelle.hansen@ngps.ca)

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(Student Signature)

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(Parent or Guardian Signature)

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(Date)

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(Parent Email)