

Green Valley School
Grade 10 Physical Education
Semester 2: 2016
Teacher: Mr. S. Hill

Rationale: Active Healthy Lifestyles

Physical Education and Health will make a significant contribution to you living a physically active and healthy lifestyle. Through this class, you will gain the necessary skill, attitudes and knowledge that will allow you to take part in a number of your favorite physical activities both presently and in the future. This is very important in preventing numerous health conditions later in life. PEH will also help you develop appropriate social skills. You will learn how to interact with each other, which will help you become functioning members of society. Finally, you will learn to become leaders and team players, by taking part in a number of team sports. This will help you “take charge” in your chosen careers after your schooling is complete.

Goals: Grade 10 Physical Education

The goal of this physical education / health education course is to allow students the opportunity to:

- Take greater ownership of their physical fitness
- To develop knowledge, skills, and attitudes for maintaining physically active and Healthy lifestyles.

Course Content Gr. 10 Physical Activity and Health Calendar

Month	Gym & Basement	Health	
	Topic	Strand	Topic
February	Basketball Skating Weight Training Broomball Cross Country Ski Snowshoeing	Safety of Self and others Personal Development Active Living	- Wellness - Safety
March	Racquet Sports LOGS Indoor Soccer Circuit Training Outdoor Pursuits	Mental-Emotional Dev. Personal Health Practices Nutrition	- Anger Man. - Stress - Self-esteem - Illness/disease Prevention - Nutrition
April	Volleyball Floorhockey Team Handball Fitness DVD's	Social Development Human Sexuality	- Relationships - STIs - HIV/AIDS

May	Football Ultimate Frisbee Lacrosse Golf	Substance Use and Abuse	- Drug use/Abuse - First Aid/CPR
June	Softball Field Hockey Beach Volleyball		

Assessment

- 1. 50% - Daily Rubrics** (see example below). If you are prepared for class and are completing the activities in class to the best of your ability and in a safe manner, you should have no problem attaining this mark.
- 2. 25% - Assignments** – Over the course of the year assignments, quizzes/tests and skill/fitness assessments will occur.
- 3. 25% - Health Units** - This will come from daily assignments and activities in health class.

Daily Marking Rubric - General Learning Outcomes

General Learning Outcome	Performance Indicators	Mark (one mark pre GLO)
Movement	<ul style="list-style-type: none"> - Student demonstrates the ability to perform and improve movement skills during class. - Student applies skills in a variety of activities - Student demonstrates knowledge of rules and strategies of games. 	
Fitness Management	<ul style="list-style-type: none"> - The students should be actively engaged in the activity. - The student consistently participates and puts a full effort into activity. 	
Safety	<ul style="list-style-type: none"> - Student demonstrates safe and responsible behavior during the class. - They follow the outlined safety guidelines. 	
Personal and Social Management	<ul style="list-style-type: none"> - Student demonstrates positive attitude toward activities. - They work cooperatively and fairly with others and building positive relationships. 	
Healthy Lifestyle Practices	<ul style="list-style-type: none"> - Student is prepared to participate in class. They should have the required equipment for class. 	
		Total /5

Assessment

1. 50% Physical Education Units
 - a) Assessments are based on movement skills, participation levels, safety of self and others, cooperation and fair play, and being prepared for class. A rating scale will be used to assess student achievement on a daily basis.
2. 50% Health Units – This will come from daily assignments, quizzes, tests and activities completed in health class.
3. **New Provincial Report Card** - The Provincial Report Card will be received twice a semester. For Grade 9 Phys. Ed. And Health, you will receive:
 1. **Percentage Grade** – Each percentage range indicates the following academic achievement of Provincial Expectations:
 - a) **80%** - 100% - Very Good to Excellent understanding and application of concepts and skills.
 - b) **70%** - 79% - Good Understanding and application of concepts and skills
 - c) **60%** - 69% - Basic understanding and application of concepts and skills
 - d) **50%** - 59% - Limited understanding and application of concepts and skills.
 - e) **Less than 50%** - Does not yet demonstrate the required understanding and application of concepts and skills; students with a final grade of less than 50% are not granted course credit.
 2. **Learning Behavior based on the following:**
 - a) **Personal Management Skills**- Uses class time effectively; works independently; completes homework and assignments on time.
 - b) **Active participation in learning** – Participates in class activities; self assesses; sets learning goals.
 - c) **Social Responsibility** – Works well with others; resolves conflicts appropriately; respects self, others and the environment; contributes in a positive way to communities.
 1. The learning behaviors will be indicated with a:
 - “C” – Consistently – almost or all of the time
 - “U” – Usually more than half of the time
 - “S” – Sometimes – Less than half the time
 - “R” – Rarely almost or never

POLICIES AND PROCEDURES IN THE GYMNASIUM

Students will have the opportunity to develop fundamental sport skills, specific sport skills, as well as acquire knowledge of rules and strategies for a variety of team and individual games and activities. There will be a special emphasis on active participation as well as respectful and responsible behavior(s) towards fellow students and staff.

STUDENT DRESS POLICY

All students must have gym shorts, t-shirt, or sweat pants, sweat shirt, socks, and gym shoes. **Boots, hiking boots, hard sole street shoes, sandals, shoes with a heel, tank tops / muscle shirts, low neck spaghetti strap, mid drift showing shirts will not be allowed.** No hats are to be worn while in the gymnasium, or weight room. **Failure to have the necessary gym clothes may result in the student not being allowed to participate and they will lose marks in each of their graded areas every time it occurs.**

GYM/CHANGEROOM PROCEDURES

1. Be in the gym or change rooms when class is scheduled to begin. Students have five minutes at the beginning of class to dress. The students will be given approximately five minutes at the end of class.
2. No food, drinks, glass containers or gum in the gym, change rooms, or weight room at any time.
3. No electronic devices such as cameras, cell phones, Ipods, MP3's or any other type of device are allowed to be used when in the gym.
4. Students are only permitted in the change rooms when dressing for class and/or returning from class; acting appropriately at all times. (use the washroom before or after class)
5. All students are asked not to bring money or other valuables into the change rooms or gym. These are to be safely stored in the students' locker prior to class. GVS will not be responsible for any items that go missing.
7. No student is permitted into any gym office, equipment room, or stereo equipment.
8. Students are not to participate in any activities unless supervised by a teacher. Students are also not allowed to bring in their own personal equipment for use without approval and supervision

Remember Use good common sense at all times. Do not do anything that will endanger you, a fellow student, the equipment, or the facility in any way!
Think Safety First !!!

