

GRADE 9/10 PHYSICAL AND HEALTH EDUCATION



CREDIT REQUIREMENTS FOR GRADUATION:

Students are required to obtain a grade 9 and grade 10 physical education/health education credit for graduation

GOALS OF THE COURSE:

- To provide students with the necessary skills to enable them to pursue a variety of lifelong activities
- To instill an understanding of the importance of an active and healthy lifestyle
- To encourage lifestyle choices that include being physically active on a regular basis



ACTIVITIES:



A variety of activities will be covered to give students the opportunity to learn different skills and be exposed to different types of experiences. The following activities will be included:

Softball	Pilo Polo Ball	Flickerball	
Table Tennis	Weight Training	Low Organized Games	
Volleyball	Floor Hockey	Ultimate Frisbee	
Soccer	Fitness	Badminton	Fitness
Tchouk Ball	Cricket	Speedminton	Golf
Broomball	Football	Bocci Ball	XC Skiing
Tennis	Handball	Basketball	

ASSESSMENT:

- Our aim is to promote independence and responsibility through participation in various activities. Students are assessed daily based on their Effort/Participation, Attitude/Leadership, and Self Responsibility
- The level of improvement in the skill acquisition and fitness levels will be assessed periodically throughout the semester:



ATTENDANCE:

Physical Education/Health Education is a participation based class. In order to develop and demonstrate skills students are expected to arrive to class on time, changed, and ready to participate in the day's activity.

BEING PREPARED FOR CLASS:

- Students are required to be changed daily in appropriate gym attire
- Appropriate gym attire includes non-marking runners, shorts, sweats, yoga or track pants, and a change of top
- No denim
- If students are scheduled for an outdoor activity they are expected to dress according to the weather (i.e. mitts, jacket, boots, etc.)
- If parents or a student has difficulty obtaining proper gym attire and/or proper footwear please speak with a physical education teacher to devise a plan

