



CENTENNIAL SCHOOL

P.E. 10 COURSE OUTLINE

P.E. 10 emphasizes the preparation for an active and healthy lifestyle. A broad range of activities will be offered to expose the students to a variety of team and individual sports as well as various leisure activities. A theoretical component will be offered resulting in certification in the ACT Foundation's CPR A level first aid. An Active Health unit focusing on Nutrition will also be taught.

BIG IDEAS:

- To develop a positive attitude towards physical activity and a healthy lifestyle
- To gain exposure to a variety of activities to further encourage a healthy and active lifestyle.
- To develop positive self esteem and social behaviours through a variety of physical activities
- To explore how healthy choices influence and are influenced by our physical, emotional and mental well being.

COURSE CONTENT:

Students will have the opportunity to participate in a wide variety of activities. These activities will include a selection of the following. Additional activities may also be offered:

Active Health	Badminton	Basketball	Bowling
Dance	Disc sports	Field Hockey	Flag football
Fitness	First Aid/CPR A	Lacrosse (McWhippit)	Minor games
Self Defense	Skating	Team Handball	Soccer
Softball	Weight training	Volleyball	Wrestling

EVALUATION:

Evaluation of student progress occurs on a daily basis. Student evaluation will be based on the following criteria:

PARTICIPATION – 35%

- based upon daily effort, participation, cooperation, sportsmanship, and leadership in each unit.

SOCIAL RESPONSIBILITY – 20%

- based upon attendance, promptness and preparation (appropriate gym strip). Perfect attendance and full participation will be rewarded with a perfect mark. Legitimate absences and medical exemptions (accompanied by a parent's or doctor's note) will not result in mark deductions within this category.

SKILL – 25%

- based upon performance of skills. Determined by skills tests and game play.

KNOWLEDGE – 20%

- quizzes based upon student understanding of the rules, techniques, strategies and etiquette of the activity. Handouts can be downloaded from the MyCentennial site– Physical Education: <http://mycentennial.sd43.bc.ca/peddept/>

Marks will be deducted for the following:

- unexcused absences/truancy/sitting out (-4)
- unexcused lateness (-2)
- inappropriate/incomplete gym strip (-3). Note that a portion of this demerit may be earned back by fully participating in the class.

PE FACILITIES: Due to ongoing construction, we will be using Winslow Centre gymnasium as well as our own Blue gym, weight room and community facilities, including the Forum. There will be times when students will be jogging or taking the school bus to Winslow gym for class. When students are scheduled for an outdoor activity, they must come prepared to participate.

VALUABLES: Students should not bring cell phones, I-pods or any other valuables to the P.E. classes as we cannot supervise them nor are we responsible for them if they are stolen.

GYM STRIP: Appropriate gym attire is required for all activity classes. Gym shoes, shorts or track pants, t-shirt or sweat top must be worn. As many of our classes will be outside, students must also be prepared for cool or rainy weather. *****An absence of gym strip will not exclude students from participating the class activities*****

FIELD TRIPS: Are offered throughout the semester. The student is responsible to receive teacher permission to miss other classes and must take the initiative to collect and complete any work missed due to the field trip. Students not participating in the field trip must complete a written assignment during regular class time.

NOTES: Parent **notes/phone calls to the P.E. teacher are required** if a student has been absent, late or requires an early dismissal. Failure to provide a note will result in an unexcused absence. (See Absence Policy above). Notes are also required if a student is to be excused from participating due to a medical problem. **Medical notes** should explain the nature of the problem, what modified activity the student may do (i.e., ride the exercise bike), and how long the student is to be on the sidelines.

ABSENCE POLICY: As Physical Education is primarily a participation-based course, regular attendance is essential in order to meet the learning outcomes and achieve success. Therefore, any student who has an unexcused absence will be required to attend the following Wednesday's tutorial make-up session. A student who fails to attend this tutorial will be required to make-up two successive tutorials. Failure to do so will result in a referral to a counsellor/administrator.

As well, **any student who is repetitively absent from class (10 or more absences) will be required to make-up time at the end of the semester in order to fulfill the learning outcomes.**

Failure to complete this requirement will result in an incomplete grade and possible failure.

NOTE: it would be unlikely that anyone with more than 24 absences could meet the required learning outcomes for this course.

*****This evaluation policy has been designed to enable and encourage all students to be successful in Physical Education. Students who fully participate in all activities to the best of their abilities will succeed (and have fun too!).*****