

PHYSICAL EDUCATION Grade 4/5 – COURSE OUTLINE

Mr. Thompson

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COURSE DESCRIPTION AND OUTCOMES

The Physical Education course is designed to fulfill the growth, developmental, and behavioral needs of each student through physical activity and movement along with a healthy lifestyle. Emphasis is placed on involvement and the opportunity for each student to build, cultivate, and maintain a strong and active mind and body through participation in the various activities. We will develop each students level of fitness and work towards maintaining and increasing each students level of fitness.

GENERAL STUDENT LEARNING OUTCOMES OF PHYSICAL EDUCATION

General student learning outcomes are broad statements identifying the knowledge, skills, and attitudes that students are expected to demonstrate with increasing competency and confidence by the end of their physical education year. These outcomes will be achieved through a variety of learning experiences contributing to being physically active, developing and maintaining a healthy lifestyles.

The 3 categories in Physical Education are :

1. Movement : The student will show an understanding of the concepts related to basic movement, movement development, activity specific movement, physical activity risk management, teamwork and fair play. They will also demonstrate safe and functional use of selected movement skills in sports and games, alternative skills in sports and games, alternative pursuits , and rhythmic/gymnastic activities

2. Fitness Management : The student will show an understanding of the concepts related to fitness components, fitness benefits and fitness development. They will actively and safely participate in activities that enhance general fitness and aerobic capacity. They will understand and demonstrate fitness management skills and strategies for the development of physical activity habits and personal fitness.

3. Healthy Lifestyle Practices : The student will show an understanding of curriculum related concepts, practices, responsibilities associated with major health issues. They will show an understanding of personal and social management concepts and skills that promote well-being, healthy choices, cooperation with others and healthy relationships.

STUDENT ATTENDANCE

Consistent attendance and active participation in Physical Education allows the instructor to make an accurate assessment of your son/daughter. With this in mind, students are required to take an active role in all class activities. Failure to do that will result in the instructor not being able to assess the student. If students are in school they should be active in P.E. class. 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, staff and equipment.

STUDENT DRESS POLICY

It is recommended that students have:

- gym shorts or sweat pants
- t-shirt or sweat shirt
- socks and gym shoes
- No boots, hiking boots, street shoes, sandals, or shoes with a heel will be allowed

STUDENT EVALUATION

Each student will be marked based on the three categories. Each component is evenly divided to make up the final mark.

1) Movement

Class Participation in Movement

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures. This will be assessed 2 of the 3 times a week in selected activities and will be based out of 4.

1. Student uses and demonstrates activity specific movement skills taught in class.
2. Student uses and demonstrates rules of activity/game taught in class.
3. Student applies movement skills to sport specific games/activities.
4. Assistance with equipment, officiating and helping others displayed.

Fundamental Movement Assessments

Locomotor	Object Control	Stability
Walking	Throwing and rolling	Balancing
Running	• Underarm Roll	• Static
Leaping	• Underarm Throw	• Dynamic
Jumping	• Overarm Throw	Bending and curling
• off a Height	• Two-handed Throw	Turning
• for Height	Catching	Twisting
• for Distance	Kicking and dribbling with foot	Stretching
Sliding	Striking	Transferring weight
Galloping	• Overarm	
Hopping	• Two-handed Sidearm	
Skipping	Bouncing and dribbling with hand	
	Dribbling with long implement	

2)Fitness Management

FITNESS MANAGEMENT

The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and daily living. This will be assessed on a scale of 1-4 throughout selected activities.

1. Student uses and demonstrates proper fitness components as taught in class.
2. Student displays knowledge of exercise physiology, training principles and technology.
3. Student displays proper warm up and cool down procedures.
4. Student actively participates in demonstrating a positive fitness lifestyle.

SAFETY

The student will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity and daily living.

1. Student shows respect for the safety of self and others by following gym rules and the rules of all activities.
2. Student applies safe practices to physical activity and healthy lifestyles.
3. Student wears appropriate clothing, equipment and footwear.

Fitness Test

Students will participate in a fitness test 3 times throughout the year. This will be used to show the progression in muscular strength, muscular endurance, cardiovascular endurance, core testing and flexibility by the end of the year.

3)Healthy Lifestyles

PERSONAL/SOCIAL MANAGEMENT

The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others. This will be assessed throughout the class on a scale of 1-4.

1. Show a positive attitude toward learning, growth, and personal health
2. Sensitivity to others and issues
3. Student demonstrates the ability to cooperate with others during activities.
4. Student is respectful of the needs of others
5. Student demonstrates the ability to be punctual and prepared

Rubrics for each category

ACTIVITY RUBRIC

MOVEMENT

	<i>0-1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>Movement Skills</i>	- student shows movement skills occasionally	- student uses movement skills regularly	- student uses movement skills without prompting	- student uses all movement skills all the time
<i>Rules of Activity</i>	- student uses rules occasionally	- student uses rules regularly	- student uses rules all the time with some prompting	- student uses all rules all the time
<i>Apply Movement Skill</i>	- student applies skills occasionally	- student applies skills regularly	- student applies skills all the time with some prompting	- student applies skills all the time
<i>Assisting in Class</i>	- student rarely assists with equipment	- student assists with equipment 50% of the time	- student assists with equipment most of the time	- student assists with equipment all the time

FITNESS MANAGEMENT

	<i>0-1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>Using Fitness Components</i>	- student shows little effort to improve their fitness comp.	- student shows effort 50% of the time to improve their fit. comp.	- shows a strong effort most of the time to improve their fitness comp.	- a strong effort to improve their fit. comp. all the time
<i>Proper Warm Up / Cool Down</i>	- student rarely displays a proper warm-up/cool down	- student displays proper warm-up / cool down with guidance	- student displays proper warm-up / cool down consistently	- student displays proper warm-up / cool down all the time
<i>Active Lifestyle</i>	- student is rarely active in class activities	- student is active in class 50% of the time	- student is active most of the time but does need some prompting	- student is highly active in all class activities

SAFETY OF SELF/OTHERS (Marked along with fitness management)

	<i>0-1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>Safety Rules</i>	- student rarely follows rules of gym safety	- student follows gym safety rules 50% of time	- student follows gym rules most of the time with reminders	- student follows gym safety rules all the time
<i>Safe Practices</i>	- student rarely applies safe practices when active	- student applies safe practices but needs reminders	- student applies safe practices in most activities	- student applies safe practices in all activities
<i>Proper use of Equipment</i>	- student rarely uses equipment properly	- student sometimes uses equipment properly	- student usually uses equipment properly	- student always uses equipment properly

Healthy Lifestyles

	<i>0-1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>Approach to Learning</i>	- student rarely has a positive attitude towards learning	- student shows a positive attitude towards learning 50 % of the time	- student shows a positive attitude towards learning with some prompting	- student always has a positive attitude towards learning
<i>Sensitive to Others</i>	- student is sensitive to others rarely	- student is sensitive to others 50 % of the time	- student is sensitive to others most of the time	- student is sensitive to others all the time
<i>Cooperation</i>	- student rarely is cooperative	- student cooperates with others most of the time with reminders	- student cooperates consistently with others	- student always cooperates with others.
<i>Respectful Behavior</i>	- student is rarely respectful to others	- student is respectful 50% of the time	- student is respectful most of the time but does need reminders	- student is respectful all the time
<i>Personal Responsibility</i>	- student rarely comes to class prepared and punctual	- student comes to class prepared and punctual 50% of the time	- student comes to class prepared and punctual most of the time	- student comes to class prepared and punctual all of the time

ASSIGNMENTS

Students will be expected to participate in and complete a number of written, oral, and/or group assignments. Assignments will vary depending on the Health Unit being taught at the time and may be either in-class or out-of-class assignments.

Each of the units will have the students evaluated, as part of their mark using a rubric based on the above areas and may include the following methods:

- | | | |
|-------------------------|-------------------|--------------------|
| Student Self Evaluation | Peer Assessment | Skills Checklist |
| Anecdotal Teacher Notes | Group Evaluations | Oral Presentations |
| Guest Speakers | Debates | Journal Writing |

ELEMENTS OF RISK IN PHYSICAL EDUCATION

The risk of injury exists in every athletic activity. However due to the nature of some activities, the risk of injury may increase. Injuries may range from bumps and bruises to minor sprains/strains to serious injury. The safety and well being of the students is of utmost concern and all attempts are made to effectively manage as best possible the foreseeable risks inherent in all the physical activities. It is important that your child participate in a safe and comfortable manner in the physical education program. In your child's best interest we recommend the following :

- | | |
|---|--------------------------------|
| a) an annual medical examination | d) No Jewelry can be worn |
| b) appropriate attire and footwear for safe participation. | e) Eyeglass straps or contacts |
| c) the wearing of sun protection is recommended (sunscreen/hat) for all outdoor activities. | |

Year Outlook- Sports are subject to change based on school activities and weather.

Month	Topic
September	Soccer Football/Ultimate chicken Fitness Test #1
October	LOGs Volleyball
November	Volleyball Handball
December	Handball Basketball Dance (Christmas Concert Practice)
January	Basketball Floor Hockey/Floorball
February	Floor Hockey/Floorball Broomball Fitness Test# 2
March	Badminton Ultimate Frisbee
April	Frisbee Mixture Games
May	Baseball/slow pitch Track and Field Fitness Test#3
June	Track and Field Choice Games
Low organized games will be played throughout the year	