

**MCCREARY SCHOOL**  
**COURSE OUTLINE**  
Physical Education 20F  
GRADE 10  
Code: 0169/English  
One Credit Course  
Teacher: Michal Nogaj

The grade 10, 20F Physical Education/Health Education course is based on five general learning outcomes.

- Movement
- Fitness Management
- Safety
- Personal and Social Management
- Healthy Lifestyle Practices

The purpose of the course is to promote physical activity among students and educate them with knowledge and skills necessary to participate in healthy lifestyle through their life. Students will be able to show their skills, involvement, and physical development by active participation in healthy practices, proper and balanced nutrition, active living.

**Grade 10 Academic Schedule**

<b>February</b>	<b>Basketball, Fitness,</b>
<b>March</b>	<b>Volleyball, Court games, Fitness, Substance Abuse</b>
<b>April</b>	<b>Badminton, Fitness, Weight Training, Human Sexuality</b>
<b>May</b>	<b>Floor Hockey, Soccer, Court games, Weight Training, Personal Healthy Practices</b>
<b>June</b>	<b>Soccer, Track and Field, Fitness, Healthy nutritional practices</b>

**Evaluation**

Students will be marked based on their knowledge, progress, and involvement in all five learning outcomes during and outside school hours. They are required to bring a change of clothes. It is mandatory for everyone in order to get a mark. However, the lack of a change of clothes does not exempt students from participation. Health classes will be once per 6-day cycle. After completion of the Health Program, there will be either a project or knowledge test for all students.

Students will be evaluated based on the theoretical knowledge, physical skill tests, as well as the engagement in physical activity throughout the length of the course. Each day their presence and participation will be marked. Credit will be granted based on attendance (at least 50% or more), engagement, and knowledge. Credit will not be given to those who constantly do not participate in PE classes.