



# McCreary School Outline

## Grade 9- Physical Education and Health 10F (0169)

---

McCreary School

Teacher: Mr. Doug Podaima

Credit Value: 1.0

Email: [dpodaima@trsd.ca](mailto:dpodaima@trsd.ca)

**Pre Requisites:** None

**Materials Required:** Students are encouraged to bring personal devices such as laptops, smart phones, and tablets when completing research and inquiry based assignments for this course. This will generally only apply to health components in the classroom.

**Location:** Gymnasium, weight room, outdoors, and/or room 9.

**Class Objectives and Overview:** To empower students to take control and improve their personal level of fitness through various sport activities, become familiar with basic rules of sports and understand how to participate in them, become familiar with the use of heart rate monitors and be able to utilize in-zone training, become familiar with proper and safe training techniques within a basic fitness centre (provided at the school) and have lectures and discussions on relevant health topics.

**Activities and Topics covered:** This course is covered through the five general learning outcomes as outlined and described below. Each general outcome will be covered simultaneously throughout the year, with each having its own set of specific outcomes.

**1) Movement-** Students 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. Physical activity and sports will fit under one of five categories:

- Individual or dual sports
- Team sports
- Alternative pursuits
- Rhythm, dance, and gymnastics
- Fitness activities

**2) Fitness Management-** Students will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.

**3) Safety-** Students will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity participation and in daily living.

4) **Personal and Social Management**- Students 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.

5) **Healthy Lifestyle Practices**- Students will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.

**Student Assessment:** 100% of the course mark will be determined throughout the duration of the course. No final exam will be written. The breakdown of coursework can be found below.

### **Course work and Physical Components**

#### **a) Phys-Ed practical**

- Assessment of in-class performance to be completed approximately twice per month (marked out of 16 using an activity rubric)
- Self-assessments based on skill, attitude, effort to be completed at least once per month
- Quizzes and tests on terminology, rules, strategy, and history of physical education, body movements, and sports
- Basic Knowledge of individual and team sports (play, rules, skills)
  - The primary sports and games covered will be as follows: Golf, soccer, volleyball, basketball, badminton, track and field, handball, floorball/hockey, tchoukball, q-tip ball, ultimate Frisbee, and any assorted low organized games.
- Fitness testing to occur at least twice per year with a strong emphasis on goal setting and challenging one's own personal bests

#### **b) Health Assignments (Units Social interactions, substance abuse, nutrition, sexuality)**

- **Unit 1: Body Structure**- Looking at the function of the bones and muscles within the body (~3 classes)
- **Unit 2: Optimal Performance**- What factors have effect on daily activities and sports (2 classes)
- **Unit 3: Drugs and their Effects**- Distinguishing between legal and illegal drugs, their effects on the body, types of effects (~3 classes)
- **Unit 4: Safe Sex**- Understanding safe sex practices, healthy relationships, contraception (~2 classes)
- **Unit 5: Proper food**: looking at labels, portion sizes, food intake levels (~2 classes)

### **c) Weight Room Workouts (cardiovascular and resistance training)**

- Each weight room session will be marked out of 10 using a rubric
- The marks will be earned primarily through effort, goal setting, and using proper techniques and training methods
- This year will just be a basic introduction to doing proper resistance training, so the weight room use will be infrequent and students will just begin to get a basic understanding.

### **d) Volunteer Hours**

- **6 hours** of Volunteer work either in the community or in school to be completed by the end of the year
- Volunteer work is to be completed outside of regular school hours, and should not include time that is spent helping family members with jobs that the students would be completing anyway, or helping during team sports in which a student is a member of
- The goal of this course component is to have students seek out additional volunteer opportunities that they would not otherwise do
- Volunteer hours cannot be completed during school hours (though lunch time is still acceptable as the student is giving up their own free time)

### **Expectations, Procedures, and Rules**

**Dress:** Students are expected to bring a change of clothes and appropriate footwear for PE class every day. The reasons for this are two-fold; 1. wearing appropriate clothing for physical activity is key for safety of the students. 2. Personal hygiene can be maintained when changing for PE class. Appropriate gym clothes should include a shirt and pants (or shorts) that fit comfortably, but are not so loose that they may be a tripping or slipping hazard. Proper court or athletic shoes are strongly recommended, but so long as shoes are non-marking and can be properly fastened they will be fine.

**Attendance:** Attending class is mandatory. Please make every effort to show up on time and have all necessary equipment.

**Medical Exemptions:** Students that have received an exemption from completing physical activity will be required to make up the missing time through additional weight room sessions, or completing alternate assignments during the classes they are unable to participate.

Having a self-diagnosed injury or illness will not be considered acceptable cause for missing class, and may reflect negatively on your weekly assessment and final mark.

**Respect and Responsibility:** Respect is our **#1 RULE**. Students are expected to show respect to:

1. Classmates: Use encouraging language and invite others to join in your groups during activities and games.
2. Equipment: Treat all equipment in the gym and weight room as if you had to pay to replace it if broken.
3. Mr. MacFarlane, substitute teachers, and educational assistants: Listen for directions, avoid talking over staff if they are speaking, and be prepared to start and stop activities as asked.

I will make every effort to show you respect if you can promise to do the same for me. Students that choose to ignore this rule will be asked to leave the gym and may have their parents contacted without warning.

---

### **Behavioural Assessment (From the Provincial Document)**

Students will be assessed as per the guidelines from the Manitoba provincial report card, in the areas as follows:

**Personal Management Skills-** Organizes material, uses class time productively, works independently, completes all work on time, persists when faced with challenges, seeks help when needed, demonstrates a strong work ethic, shows patience, demonstrates on-task behaviour, sets personal management goals

**Active Participation in Learning-** Shows interest, asks questions, takes initiative, self-assesses work quality based on criteria, uses feedback to improve learning, uses criteria to provide feedback, uses a variety of media for communication, investigates questions, hypothesizes, analyzes

**Social Responsibility-** Works and interacts well with others, is welcoming and positive, shares resources and equipment with others, respects school values, respects and follows classroom routines, takes an equitable share in group work, is courteous, respects the need for safety, sets personal management goals.

### **Late Assignment Policy**

- McCreary School's policy for late assignments was developed in accordance with the Provincial Assessment Policy.
- The guidelines for late assignments are as follows:

- 1. Teachers will set and communicate reasonable timelines for assignments
- 2. Teachers will share timelines and reminders with students through various formats (ex. course outline, email, post in classroom, etc.)
- 3. Teachers will assist students to meet timelines – monitor progress, check-ins
- 4. Students who struggle will require additional support from the teacher
- 5. Extensions will be granted at the teacher's discretion, for valid and legitimate reasons only (ex. illness)
- 6. Teachers will communicate with parents or set up parent/teacher/student conferences to discuss late assignments
- 7. Teachers will make an arrangement with student to complete work
- 8. Teachers will create alternative assignments for diverse learning needs

### **Incomplete Work**

Where the above guidelines have been followed and assignments are not handed in by the given due date, a deduction in marks will apply. Upon teacher discretion a maximum of **5%** may be deducted for every day the assignment is not turned. If the assignment is not turned in after **two weeks** or at the start of a new unit, the assignment will receive a mark of zero.

### **Academic Integrity and Honesty**

Students guilty of cheating (copying, plagiarizing, etc.) will receive a zero and their parents will be notified. This includes use of work found online or provided by another student.

### **Student Support and Attendance Policy**

The teacher will be available for additional support outside of the classroom hours and is the responsibility of the student to arrange a time with the teacher. Students will be responsible to complete work they miss in the case of their absence (which the teacher must be informed in advance, when possible). Those who do not attend class regularly will be referred to the Learning to 18 Coordinator.

### **Homework Policy**

So long as they are focused and engaged, students will be given ample time to complete assignments during class. However, there may be times that work needs to be completed outside of school, especially for end of unit assignments and/or studying for tests. Homework will not be assigned for the sake of giving homework, but students are expected to take unfinished work home if they have been unable to complete it during class.