

McCreary School Outline

Grade 10- Physical Education and Health 20G (0169)

Teacher: Mr. Dan MacFarlane

Credit Value: 1.0 Email: dmacfarlane@trsd.ca

Pre Requisites: None

Materials Required: Students are encouraged to use personal devices such as laptops, smart phones, and tablets when completing research and inquiry based assignments for this course.

Location: Outdoors, gymnasium, weight room, 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.

Semester 1 will see the grade 10's on their own for PE before they join the grade 9's for a combined class in semester 2. We will look to cover as much of the health portion of the course as possible during semester 1 to avoid overlap once the classes combine.

Activities covered: Throughout the year we will cover a wide range of sports. Each sport will be covered through playing, as well as taking a closer look at some of the finer skills needed to improve aspects of the game.

Schedule: Grade 9 PE will take place on days 2, 4, and 6. Weight room, gymnasium, and classroom use will vary heavily depending on the weather.

"The best way to improve at a sport is through participation"

Sports to be covered (but not limited to): Volleyball, basketball, soccer, football, ultimate Frisbee, baseball, curling, broomball, lacrosse, track and field, handball, floor hockey, badminton, pickle ball, 4 square, and various low organized games. Inclusion of many of these sports will depend on facility availability and COVID-19 guidelines changing as the year progresses.

Student Assessment: **30%** Health Exam/ **70%** remainder of in-class activities to be weighted equally.

Phys-ed practical

- Daily assessment (Done 1-2 classes a week) 12 marks each assessment
- Self-assessment, skill based
- Quizzes/testing
- Basic Knowledge of individual sports (play, rules, skills)

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

- **Unit 1: Body Make Ups-** Somatotypes and identifying their attributes (3 classes)
- **Unit 2: Weight Room Tips-** Looking at what factors push you in the weight room, types of workout plans, different exercise types, macro nutrients (4 classes)
- **Unit 3: Smoking and Alcohol-** Effect of both on the body (3 classes)
- **Unit 4: Relationships-** Understanding healthy vs unhealthy relationships (3 classes)

Weight Room Workouts: 15 sheets, 10 marks each. *Amount of sessions may vary*

Intramural Organization and Administration: At this time, there will be no intramurals due to McCreary School COVID-19 regulations. An alternate organization and administration assignment may be implemented at a later date.

Volunteer Hours

- **8 hours** of Volunteer work either in the community or in school. This number may be reduced at a later date if volunteer opportunities are unavailable due to COVID-19 related issues.

Health Exam (End of the year) **30% of your final mark**

Fitness Test Assessment: Students will participate in fitness assessment at least 2 times throughout the year (possibly a third). This will be mandatory, but students will not be assessed based on how they score. The fitness test is for personal evaluation and gives an idea of progression throughout the year. The data collected will also be used to track improvements in specific areas and will hope to focus on improvements.

Dress: Due to COVID-19 regulations students will not be permitted to change for PE at this time. Students are strongly encouraged to dress in light, functional clothing on PE days in order to stay comfortable for the duration of the class, as well as for the remainder of the day. A change of shoes is still encouraged, as is the use of headwear, as we will be outdoors many days. This may change as the year progresses if we move into lower levels of caution.

Attendance: Attending class is mandatory. Please show up on time and have all necessary equipment.

Medical Excuses: I believe that if you are well enough to be in school then you are well enough to participate in gym to the best of their ability. A written note from your doctor, physical therapist, athletic trainer, or a parent will be honored in the excuse of participating. In the event of legitimate medical reasoning, students will be expected to do one of the following for the duration of class:

- Assist with the class when possible (keeping score, gathering equipment, timing)
- Working on outstanding assignments for PE 10G
- Working on assignments or studying for other courses.

Behaviour: Please respect everything around you in the gym and fitness room. This includes: yourself, your fellow classmates, teachers, guests, equipment and the gym and fitness room themselves.

Behavioural Assessment

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
- 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.

Tech Policy

Students will follow the McCreary school policy in regards to the use of technology in the class.

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.

*****This course outline and the evaluation breakdown and unit dates may be subject to change.*****

Please sign and return the following form, indicating that you have read and understand the course and classroom expectations.

Student's Name: _____

Student's Signature: _____ Date: _____

Parent's Name: _____

Parent's Signature: _____ Date: _____

Daily assessments are marked on the following categories. Each daily assessment will be out of 12, out of 4 marks from each category.

1)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>Active</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

2) SAFETY OF SELF/OTHERS

	<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

3)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 And Shows Cooperation</i>	- student is sensitive to others rarely - student rarely is cooperative	- student is sensitive to others 50% of the time - student cooperates with others most of the time with reminders	- student is sensitive to others most of the time - student cooperates consistently with others	- student is sensitive to others all the time - 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

