



W. H. CROXFORD
Physical Education Grade 9-12
Course Outline
2020/2021



TEACHERS

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PROGRAM RATIONALE

The aim of the W.H. Croxford Physical Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. Participation in physical activity contributes to the overall well being of individuals and the community.

GENERAL LEARNER OUTCOMES

ACTIVITY

Students will acquire skills through a variety of developmentally appropriate movement activities.

BENEFITS HEALTH

Students will understand, experience and appreciate the health benefits that result from physical activity.

COOPERATION

Students will interact positively with other students and peers. Students will be problem solvers, self-directed learners, communicators and collaborators.

DO IT DAILYFOR LIFE.

Students will assume responsibility to lead an active way of life.

EXPECTATIONS

- **Attendance** - since Phys. Ed is an activity-based course, attendance is imperative. Unexcused absences will have a negative impact on a student's mark. Absences that are excused within 24 hours of the missed class will not impact grade. If a student is going to be absent for an extended period of time, please let the teacher know. **Alternative assignments will be given. This is especially important if you are quarantined. Please make sure you make arrangements with your teacher.**
- **Attire** - Students should be changed into proper gym wear. **However, during Covid, this may not be possible. If you can, please come to school changed for PE that would be awesome. If we can find the time, we may have you change.**
- **Appropriate footwear** must be worn - clean running shoes with non-marking soles. Avoid sandals, skater shoes and Toms.
- **Cell phones and iPods** should not be used during class. Please make sure your valuables are in your backpack and not out in the gym.
- **Backpacks** - backpacks will be stored in the changeroom lockers. Students will be asked to place their bags in the back and then at the end of the class will be asked to retrieve it. Students will be entering 5 at a time.
- **Medical** - Please let the teacher know if a student needs to be excused from class for medical reasons. Absences greater than 3 days may require a doctor's note. Projects may be given out to make up for the time missed physically participating.
- **Arrival/Dismissal** - When you arrive to the gym, please go immediately to the area that you will be assigned to with your teacher. Do not mix with other classes. Prior to entering the gym you must sanitize your hands and will also be asked to sanitize at the end of class.
- **Storage room** -STUDENTS WILL NOT BE ALLOWED IN THE EQUIPMENT ROOM.
- Please bring a **WATER BOTTLE TO CLASS**. You will be able to fill it in the fitness centre. No one will be allowed to leave and go to fountains during class.

EVALUATION

Participation

Attitude, leadership skills, fair play and appropriate gym wear will be evaluated. This mark will be a combination of student and teacher marks.

Skills

Ability and willingness of the student to apply the techniques they have learned. They may be asked to demonstrate these skills. (e.g. A proper serve in badminton).

Cognitive

Demonstrate knowledge of information relating to rules, equipment, game tactics, skill, technique, etiquette, health and fitness.

Leadership

Students will be assessed based on the following competencies throughout the course:

- *A self directed learner*
- *A collaborator*
- *A communicator*
- *A problem solver*
- *Fairplay*

Fitness

Various fitness tests that measure muscular endurance, cardiovascular endurance, strength and agility will be assessed throughout the year.

Evaluation

Grade 9/10 - will be evaluated based on learning outcomes.

Grade 11/12

Participation	60
Skills/Quizzes	10
Skill Analysis	10
Leadership Reflection	20
Total	100%