



**W. H. CROXFORD**  
**Physical Education Grade 9-12**  
**Course Outline**  
**2021/2022**



**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 DAILY .....FOR 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 should be excused within 24 hours of the missed class. If a student is going to be absent for an extended period of time, please follow the School Handbook for extended absences.
- **Attire** – Students should be changed into proper gym wear. Due to safety concerns we strongly encourage students to wear indoor athletic comfortable loose fitting clothing when participating in physical activity.
- **Appropriate footwear must be worn** – clean running shoes with non-marking soles. Avoid sandals, skater shoes and Toms.
- **PE Lockers** – Lockers in the change room will be offered to all PE students. PE lockers are to store gym strips or clothes during class and are not to be used during other periods. A student may lose their change room locker privileges if they are entering change rooms not during their class time
- **Cell phones & headphones/earbuds** should not be used during class. Please make sure your valuables are secured in your School locker and not in the gym.
- **Backpacks** – backpacks will be stored in lockers. Due to safety concerns, they are not permitted to be in the gymnasium or fit center.
- **Arrival/Dismissal** – Once you are changed into your gym attire and you enter the gymnasium, please go immediately to the area that you will be assigned to with your teacher. Do not mix with other classes – report to your teacher.
- **Storage room** – STUDENTS WILL NOT BE ALLOWED IN THE EQUIPMENT ROOM, unless given direct teacher permission.
- **Water** – Please bring a WATER BOTTLE TO CLASS. You will be able to fill it in the fitness centre.
- **Food & drinks** –
- **Leaving during class time** – Communication is key! Please communicate with your teacher if you need to leave the gym for ANY reason. Yes, even going to the water fountain is leaving the gym.

## EVALUATION

**Grade 9/10/11** - will be evaluated through rubrics based on learning outcomes. Two or three outcomes will be selected (and communicated to students) for each module, based on the demands and expectations of the module.

### Activity:

- Perform/Refine locomotor, non-locomotor, & manipulative skills
- Perform/Refine basic skills in games & activities
- Perform/Refine basic skills in dance and gymnastics
- Perform/Refine manipulative skills

### Benefits Health:

- Understand, experience, and appreciate the health benefits that result from physical activity

### Cooperation:

- Use positive communication & leadership skills
- Demonstrate etiquette & fair play
- Demonstrate teamwork

### Do it Daily... For life:

- Put forth effort
- Follow safety rules/routines
- Develop goals and personal challenges
- \*Perform service, leadership, and volunteer work related to physical activity in the school and/or community (20's only)

## Grade 12

Participation/Effort	60%
Leadership/Volunteer	15%
Skill Analysis	<u>25%</u>
<b>Total</b>	<b>100%</b>