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| **W. H. CROXFORD****Physical Education Enrichment Grade 9****Course Outline****2017/2018****TEACHERS****Mr. M. Friesen** mafriesen@rockyview.ab.ca  **PROGRAM RATIONALE**The aim of the W.H. Croxford Physical Education Enrichment program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle above and beyond the regularly scheduled gym time. 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. |

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| **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 will have a negative impact on a student’s mark. If a student is going to be absent for an extended period of time, please let the teacher know. Alternative assignments will be given.
* **Field Trip** – as a class, we may take a few field trips to attend programs outside of class. If so, these usually require an additional payment to attend. I will update and send home parent information letters at least 2 weeks prior to the trip for payment arrangements to be made.
* **Attire** - Students should be changed into proper gym wear. This includes a t-shirt and athletic shorts. Sweaters and track/sweat pants may be worn outside. Gym strip may be purchased at the main office.
* **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 brought to class unless the teacher has given permission to the students.
* **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** - Students will be given 5 minutes at the start and end of class to get changed. They will be dismissed from the gym, NOT the change room.
* **DO NOT BRING VALUABLES TO THE GYM OR THE CHANGE ROOM. LEAVE THEM IN YOUR LOCKER.**
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| **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. Proper form to complete exercise, correct footwork, etc).**Cognitive**Demonstrate knowledge of information relating to physical fitness and education, personal growth and goal setting, sports psychology, etc.**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.   **Grade 9/10** Participation 50% Assignments 20% Fitness 10% Communication/Fairplay 10% Unit/Chapter Quizzes 10%  **Total 100%**  |