



Physical Education 10

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Purpose:

The aim of this course is to enable students to develop knowledge, movement skills and positive attitudes and behaviours that contribute to both a positive physical and mental well-being.

Students are expected to:

- Plan, prepare, execute and document 16 weeks of physical activity logs
- Perform three standardized fitness tests throughout the course
- Complete four written assignments covering the curricular competencies

Goals of Physical Education 10

- Students will participate daily in physical activity.
- Students will develop appropriate knowledge and skills for participating actively, effectively, safely and responsibly in a wide range of individual and dual activities, games and rhythmic movement activities.
- Students will develop the knowledge, skills, and attitudes that enable them to value, attain, and maintain a healthy, active lifestyle.

Curriculum Organizers:

Active Living

- Knowledge
 - Significance and benefits of healthy living
 - Components of fitness: health related and skill related
 - Movement concepts
 - Understanding and monitoring exertion rates
 - Personal physical activity planning
- Participation
 - Daily participation in moderate to vigorous, sustained physical activity
 - Willingness to participate in a range of physical activity

Movement Skills

- Movement skills applied in individual and dual activities
- Movement skills applied in games activities
- Movement skills applied in applied in rhythmic movement activities
- Application of principles of training
- Application of movement concepts

Safety, Fair Play, and Leadership

- General and activity specific safety practices
- Warm up and cool down procedures
- Proper use of facilities and equipment
- Respect for rules, team-mates, opponents and officials
- Emotional self-control in victory and defeat
- Etiquette in physical activity
- Leadership in physical activity

Prescribed Learning Outcomes:

- Active Living
 - Knowledge
 - A1 describe a variety of ways to be active throughout one's life
 - A2 demonstrate understanding of health-related components of fitness skill-related components fitness movement concepts
 - A3 implement a comprehensive physical activity plan incorporating goal setting processes components of fitness considerations of personal abilities and interests nutritional considerations principles of training
 - Participation
 - A4 participate daily in moderate to vigorous physical activity to enhance fitness
 - A5 demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities games rhythmic movement activities (including dance and gymnastic activities)
- Movement
 - B1 apply fundamental movement skills in a range of complex individual and dual activities
 - B2 apply fundamental movement skills in a range of complex games activities
 - B3 apply fundamental movement skills in a range of rhythmic movement activities
 - B4 apply principles of training to improve fitness
 - B5 apply movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance in demanding or complex physical activities across the activity categories
- Safety, Fair Play, and Leadership
 - C1 apply safety procedures in all physical activities across the activity categories
 - C2 model proper use of equipment and facilities
 - C3 apply fair play conduct in all physical activities across the activity categories

Resources

Blackboard Learn 9 Website: <http://sd68.blackboard.com>

login: 1lastnameinitial | **password:** firstname

Jupiter Grades: Mark update and assignment feedback at: <https://jupitergrades.com>

School Website: <https://island-connected.sd68.bc.ca>

Assessment:

- Your grade will be composed of written assignments, fitness logs, and fitness tests.
- Assessment is intended to provide ongoing descriptive feedback to students.
- Provides varied and multiple opportunities for learners to demonstrate and evolve with their learning.
- Promotes development of student self-assessment and goal setting.
- Communicates clearly to the learner and parents where the student is, what they are working towards, and the ways that learning can be supported
- Your course is broken down into the following percentages
 - ❖ Substantive Assignment – 5%
 - ❖ Proof – 5%
 - ❖ Assignments – 25%
 - ❖ Fitness Tests – 25%
 - ❖ Fitness Logs – 40%

Students will be fully enrolled in their course once their Substantive Assignment is completed and submitted to their instructor for assessment. Students will be expected to demonstrate an understanding of health, skill and movement related components of fitness (A2). Implement a comprehensive physical activity plan-incorporating goal setting processes, components of fitness, considerations of personal abilities and interests, nutritional considerations, principals of training (A3). Participate daily in moderate to vigorous physical activity to enhance fitness. (A4)

Attendance:

Please be aware that Island Connect K -12 does not have a general attendance requirement. However, it is in your best interests to make a habit of checking in with your teacher at least once a week – face to face, by email, phone or by submitting work in Blackboard. Past learners have stated that such contact promotes engagement with the course materials and serves to motivate them to complete the work in a timely fashion.