



GRIMSHAW PUBLIC SCHOOL
"Inspiring Our Students Today For Tomorrow's Future"
Physical Education 9 Course Outline
2024-2025



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Philosophy

The goal of this Physical Education class is to help students learn valuable skills and knowledge of a variety of physical activities in a safe, supportive and caring environment. Students will be taught through a variety of different instructional methods and strategies including but not limited to direct teaching, cooperative learning, independent learning, small and large group activities, skill demonstration and personal reflections.

Assessment

Students in this class can expect to be assessed based on locomotor, non-locomotor and manipulative skills as well as the knowledge about how/when the skills are implemented in a variety of activities. There will also be self and peer assessment components, in regards to effort, cooperation and safety, that will be averaged with teacher observations. All three of these assessments will be focused at the end of units to highlight acquired skills, knowledge, cooperation and participation. Every two weeks students will receive a mark based on their effort, participation, and cooperation out of five in Powerschool. Formative feedback will be consistently given throughout classes as students progress through new skills and work cooperatively.

The program will comply with Alberta Education's ABCD's of physical education

- **Activity**—acquire skills through a variety of developmentally appropriate movement activities. (locomotor, nonlocomotor & manipulative)

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in general outcome A.

- **Benefits Health**—understand, experience and appreciate the health benefits that result from physical activity (functional fitness, body image, well-being)
- **Cooperation**—interact positively with others (communication, fair play, leadership, teamwork)
- **Do it Daily for life**—assume responsibility to lead an active way of life (effort, safety, goal setting/personal challenge, active living in the community)

To be successful in this class it is recommended to follow the expectations listed above, be an active participant of the class and have the willingness to cooperate with peers.

Course Evaluation

The class will be broken down as follows.

Activity (A) Performs and refines movement skills	- Skills - Knowledge - Fitness	30 %
Cooperation (C) Cooperates to demonstrate fair play and teamwork	- Leadership - Communication - Fair Play - Teamwork	30 %
Benefits Health/Do it Daily (B/D) Explores strategies for leading a healthy and active lifestyle	- Expectations - Safety - Readiness - Initiative - Participation / Effort - Attitude	40 %
Course Total:		100 %

Marks will be updated regularly to PowerSchool. A variety of assessment practices will be used with emphasis on constructive feedback for continued student improvement.

Scope and Sequence

Unit:	Tentative Dates:	Components:
Striking/Fielding/Cooperative/Invasion Games	September	Kickball, capture the flag, soccer, ultimate frisbee, outdoor games
Net/Wall Games	September - November	Volleyball, tchoukball, handball
Striking/Fielding/Cooperative Games	November	Kickball, Danish longball, indoor baseball, Cooperative Games
Dance	December	Line dancing, partner dancing, group dancing, indigenous themes
Winter Activities	December - February	Skating, curling
Fitness/Leadership	January - February	Strength, power, endurance, flexibility
Invasion/Territory	March	Basketball, soccer, floor hockey
Individual Sports, Net/Wall Games	April	Badminton, gymnastics
Outdoor Summer Sports	May - June	Track & Field, softball, swimming

***Activities are subject to change due to gym scheduling conflicts, weather, or schedule changes in community facilities.**

SUCCESS PLAN

Besides a daily demonstration of a willingness to participate in class activities and exercises, the student who attends regularly and shows a consistent, conscientious effort will do well.

Class Expectations, Procedures and Safety

- Students will show up on time and be prepared for class **every day** with a change of clothes and shoes
 - Appropriate athletic shirt, shorts or pants in which you can be active in.
 - Non-marking closed toed **athletic shoes**
 - Anything that might get snagged or caught on something (eg. jewelry) must be removed for safety reasons
- **Students show respect for the teacher, others, themselves and the equipment**
 - Take care of the equipment. The physical education program is dependent on your wise and careful use of the equipment. Advise your instructor of damaged equipment immediately so it can be repaired or replaced.
 - Only equipment authorised by your teacher may be used.
 - Students will use respectful and positive language when communicating with each other as well as their teacher
- Students are expected to participate safely in class and to the best of their abilities.
- Only activities where the teacher has given instruction or permission should be performed.
- Students are not permitted to start the activity unless instructed to do so.
- Instructions should be followed carefully.
- Unsafe actions will result in non-participation and contact with home if the behaviour continues
- Students who are hurt, injured or are unable to participate in regular activities are required to let their teacher know immediately, no matter how minor. *Your teacher must document injuries, which require medical attention.* A modified and adapted program can be put in place so participation can occur.
 - Communication must be made from a parent/guardian notifying the teacher of any medical exemptions or injury. Where required, a doctor's note or a note from a parent/guardian may need to be provided.
- Students must be aware of proper fire drill procedures.
- Cellphones must be left in a student's personal locker. If a cell phone is brought into the gym the student must turn it over and the teacher will bring it to the office for pick up at the end of the day. **NO EXCEPTIONS.**
- Students will be given time to change after the equipment is put away. Students must wait in the gym for the dismissal bell to leave the gym.
- **No food or drinks (water is permitted)** are allowed in the various physical education facilities, outside on the fields, at community facilities as well as the change rooms are included in these areas.
- It is necessary to remain hydrated during an activity class and therefore **students are required to bring a filled water bottle to gym class.**
- **DO NOT LEAVE** money, valuables and cell phones in the locker room. We cannot guarantee their safekeeping. Students are advised to leave valuables in their lockers.

Physical Education 9 - Agreement to Rules and Expectations of the Course

Please read through and keep the previous pages for your reference.

Sign the following section to acknowledge you have done so.

I have read the course outline with my child and I understand the requirements for Physical Education 9. If you have any questions or concerns please call the school or email at tajee@prsd.ab.ca.

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____

Student's Name (please print): _____

Student's Signature: _____