

## **Physical Education 10 Course Outline**

Mr. Silliker

NSER

### **Description**

This course is designed to assist each student in becoming a "physically educated person." The goal is to improve the student's stamina, strength, flexibility, and agility while focusing on developing and maintaining personal health. Grade 10 Physical Education will include units similar to those contained in Grade 9. Grade 10 will further develop skills, strategies, and knowledge acquired in Grade 9.

### **Agenda**

- I. Fitness Testing and Conditioning - ( 1 Week )
- II. Canoeing - ( 6 Weeks)
- III. Basketball - ( 2 Weeks)
- IV. Badminton - ( 2 Weeks )
- V. Volleyball - (2 Weeks)
- VI. Floor Hockey - (2 Weeks)
- VII. Flag Football - (2 Weeks)

~Note: This agenda is only temporary and may change as the term progresses. The suggested time frames are simply approximations which may also vary. The above Agenda is for the Fall Term (Canoeing will be last in Spring session)

### **Additional Requirements**

**Fitness and Conditioning** – This will be incorporated into every class and is considered to be an essential part of the physical education curriculum. Students will be required to put forth their best possible effort regardless of ability. Activities and games centered on fun and fitness will be implemented from time to time during Unit studies for a simple change of pace. Testing will occur at beginning, middle and end of semester)

**Human Anatomy and Physiology** – As part of the High School Phys. Ed curriculum, students will learn about the basic operational systems of the human body. This will include the Skeletal, Muscular, Nervous, and Cardiovascular.

**Possible Mini-Units for additional study** - Depending on time frames and the advancement of the class, some of the following activities may be possible: Softball, Cross Country Skiing, Soccer, Ultimate Frisbee.

### **Evaluation**

Skill Performance & Testing – 50%

Preparation & Participation (includes Attitude, Behavior & Sportsmanship) - 40%

Written Tests & Assignments – 10%

## Class/Student Expectations for Physical Education at NSER

### Class Procedures

- Students will enter the gymnasium changing room prior to the late bell and begin changing into gym clothes. You will have approximately five (5) minutes to change and be in the gym ready to get to work (Canoeing Unit will be different). The school is NOT responsible for stolen property, so please do not leave any valuables or money in the changing rooms.
- Proper clothing consists of a T-shirt, shorts or sweat/track pants, socks, and clean, appropriate non-marking sneakers (NOT ones used outside). No bare (sock) feet allowed. No jewelry. Students are required to suit out (change into gym clothes) for EVERY class. Failure to do so will result in detentions and additional work.
- Each class will consist of opening comments, warm-up, stretching, fitness activities, direct instruction, Unit specific activities, and cool-down stretching. Students will return into the gym after changing back into school clothes for dismissal by Mr. Silliker.
- Inappropriate behaviors will not be tolerated in the changing room or gym. Horseplay, tripping, fighting, pushing, inappropriate use of equipment, vulgar language, etc. is not acceptable and failure to follow this code of conduct will result in severe disciplinary action..
- **CANOEING UNIT** - Students will change into clothing and footwear suitable for canoeing and head down to the canoes at the river. Each will take their specific PFD and a paddle. Once all students have arrived at shore, we will commence class. You will hustle (jog) both to and from river. **DO NOT** cut through the field, follow the main road and access road to shore. Smoking is not permitted to, from or at shore. Do Not litter.

### Food and Drinks

Absolutely **NO** food, drinks (includes water), candy, or gum in the gym at any time. This rule will be strictly enforced not only during class time but all day long. We are very fortunate to have nice facilities. Take care of them.

### Medical and Injuries

- If you are unable to participate in P.E. by order of a doctor, you must bring a note from that doctor stating how long you will be out of P.E.
- If you are not feeling well or have a minor injury, but are still in school, a note from a parent or school administration is okay for one to three days. Students will always dress for P.E. unless they have a doctor's note.
- If you have asthma that requires use of an inhaler, it is your responsibility to have your inhaler with you during class and please inform Mr. Silliker.
- Injuries, which occur in class, must be reported immediately to Mr. Silliker.

## **Evaluation**

### **1. SKILL PERFORMANCE & TESTING (50%)**

- Students will be taught the various skills required for each unit and will be responsible to perform these for testing purposes. Assessment will be ongoing during the unit as well as include an end of unit assessment session. You do have to be an all-star however you should show general competency and most importantly, skill improvement. If you have any difficulties with certain skills, please feel free to ask for assistance.

### **2. PREPARATION & PARTICIPATION (40%)**

#### **General Guidelines**

- Students should be dressed with proper athletic shoes – Rubber soles and laces
- Students should be dressed with proper P.E. Clothes
- Students should be moving and physically active for the entire class
- Students should work cooperatively with others

#### Sportsmanship

- Students should use positive language at all times
- Students should follow the designated rules for each game
- Students should respect the teacher, teammates, opponents, equipment and the facility

#### Attitude & Behavior

- Students should always follow directions
- Students should avoid inappropriate behavior (horseplay, pushing, tripping, fighting, inappropriate use of equipment or any behavior the teacher deems inappropriate)
- Students should not talk when the teacher or another student is talking
- Students should stop on the whistle and listen for directions
- Students should create a safe environment for everyone in the class

\*It is impossible to list all infractions so please use common sense and always think about safety. This will ensure we always have a positive learning environment.

### **3. WRITTEN TESTS and ASSIGNMENTS (10%)**

- Students are to keep a notebook with class hand-outs, notes and assignments
- Students will be given written tests on various units and possibly assignments such as brief research papers.