

**Grade 10 Physical Education/Health Education  
Course Outline**

**Semester 1 September, 2021- January, 2022**

**Credit Value: 1 Course Code: 0169**

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**Pre Requisites:** None

**Course Description:**

This course dives into the main concepts of being physically active, and maintaining a proper healthy lifestyle. The five main strands of Physical Education will be addressed throughout the course. A unit on Sexual Education will also be taught throughout the Health section of Physical Education. Maintaining a proper body, soul, and mind will be addressed in order to help students increase their livability moving forward in life.

***Curriculum Document-*** <https://www.edu.gov.mb.ca/k12/cur/physhlth/9to12.html>

**Modules of Study/Student Learning Outcomes:**

***GLO 1- Movement:***

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

***GLO 2- Fitness Management:***

The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.

***GLO 3- Safety***

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.

***GLO 4- Personal and Social Management***

The student will demonstrate the ability to develop self-understanding, to make health enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.

***GLO 5- Healthy Lifestyle Practices***

The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.

## Course Evaluation/Assessment

Activities covered: Throughout the year we will cover a wide range of sports. Each sport will be covered through playing, as well as taking a closer look at some of the finer skills needed to improve aspects of the game. Classes will follow a 6 day cycle; with 5 hours being activities in the gym/outside due to COVID and with one hour health periods.

Sports to be covered (but not limited to): Volleyball, basketball, soccer, football, ultimate Frisbee, baseball, curling, broomball, lacrosse, track and field, handball, floor hockey, badminton, pickle ball, 4 square, and various low organized games. Due to COVID-19 we will be outdoors for most of the beginning months. Please dress appropriate!

**Fitness Test Assessment:** Students will participate in fitness assessment at least 2 times throughout the year (possibly a third). This will be mandatory, but students will not be assessed based on how they score. The fitness test is for personal evaluation and gives an idea of progression throughout the year. The data collected will also be used to track improvements in specific areas and will hope to focus on improvements.

### **Student Assessment:**

30% Final Health Examination

70% Remainder of in-class activities

### **Phys-ed practical:**

- Daily assessment (Done 1-2 classes a week) 12 marks each assessment
- Self-assessment, skill based
- Quizzes/testing
- Basic Knowledge of individual sports (play, rules, skills)

### **Health Assignments:** (Units Social interactions, substance abuse, nutrition, sexuality)

- **Unit 1: Body Structure-** Looking at the function of the bones and muscles within the body (3 classes)
- **Unit 2: Optimal Performance-** What factors have effect on daily activities and sports (2 classes)
- **Unit 3: Drugs and their Effects-** Distinguishing between legal and illegal drugs, there effects on the body, types of effects (3 classes)
- **Unit 4: Safe Sex-** Understanding safe sex practices, healthy relationships, contraception (2 classes)
- **Unit 5: Proper food:** looking at labels, portion sizes, food intake levels (2 classes)

## **Required Materials**

- ✓ Binder
- ✓ Loose leaf
- ✓ Pencils/Pens
- ✓ Gym Clothes
- ✓ None Black Marking Shoes

## **Classroom Expectations**

You are expected to be on time, prepared to learn, and respectful to all people in the classroom. All assignments and projects must be completed and handed in on time to be considered for full marks. If you miss class, please notify the school, and know that it is your responsibility to get caught up.

Being in a class that requires the gymnasium it is important that students follow directions at all times. Students must act in a respectful and meaningful way at all times. A gymnasium can be a very hostile place if students are acting in an uncontrolled manner. Anyone caught acting unacceptably will be asked to leave the gymnasium immediately. It is important to compete, learn, and most importantly have fun in Physical Education Class!

Late marks, zeros, and incompletes will be given according to the Ste Rose School Policy Handbook.

As the teacher I also have responsibilities that include making sure your grade is accurate, meaningful, and consistent with your understanding, and making sure you have the information you need to be successful. I will also have an open line of communication with your parents and/or guardians to ensure you are meeting everyone's expectations; your parents', your teacher's, and your own.

Please do not hesitate to ask if you need help with anything. I am always available during the school day, and I check my email at least once per evening.

## **Cellphone Policy**

You are expected to pay attention and be respectful at all times during the lesson. ***No phones will be allowed inside in the gymnasium during class. If you are caught having a phone during class, I will take it for the remainder of the day.*** You are there to be physically active and to have fun/learn with your peers. I don't see any reasons to have a cellphone during this class.

## **Late Policy**

You will be considered late if you are 10 minutes late for your lesson. If a student is late, it is possible that they may not receive a participation mark for that day resulting in a lower overall grade.

### **Absences Policy:**

Your parents/guardians will be receiving an email/phone call/letter if you are absent 5 times this year. They will be receiving another email/phone call/letter if you have absent 10 times. If you are absent more than 10 times, a parent meeting will need to be scheduled in order for you to continue with this class.

***\*Note: Any unexcused absence will result in a 0 for a participation grade for that day.\****

### **Plagiarism/Cheating Policy**

*1<sup>st</sup> offence-* The student will receive a 0 (zero) on the assignment. A phone call/email will be sent to the parent/guardian.

*2<sup>nd</sup> offence-* A letter will also be sent home to the parent/guardian. The parent must sign the letter and return it to the school. The Student will receive a 0 (zero) on the assignment.

*3<sup>rd</sup> offence-* The student will receive a zero on their assignment and they will be referred to the principle for further disciplinary action. A meeting will need to be arranged with the parent/guardian to address the severity of this issue.

### **Late Assignment Policy**

***Late assignments will only be accepted according to the teacher's discretion.*** Students will not be allowed to hand in late assignments; and they will be entered as an incomplete on the Maplewood marking system.

Daily assessments are marked on the following categories. Each daily assessment will be out of 12, out of 4 marks from each category.

## **1. MOVEMENT**

	<b><i>0-1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>4</i></b>
<b><i>Movement Skills</i></b>	- student shows movement skills occasionally	- student uses movement skills regularly	- student uses movement skills without prompting	- student uses all movement skills all the time
<b><i>Rules of Activity</i></b>	- student uses rules occasionally	- student uses rules regularly	- student uses rules all the time with some prompting	- student uses all rules all the time
<b><i>Apply Movement Skill</i></b>	- student applies skills occasionally	- student applies skills regularly	- student applies skills all the time with some prompting	- student applies skills all the time
<b><i>Active</i></b>	- student is rarely active in class activities	- student is active in class 50% of the time	- student is active most of the time but does need some prompting	- student is highly active in all class activities

## **2. Safety of Self and Others**

	<b><i>0-1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>4</i></b>
<b><i>Safety Rules</i></b>	- student rarely follows rules of gym safety	- student follows gym safety rules 50% of time	- student follows gym rules most of the time with reminders	- student follows gym safety rules all the time
<b><i>Safe Practices</i></b>	- student rarely applies safe practices when active	- student applies safe practices but needs reminders	- student applies safe practices in most activities	- student applies safe practices in all activities
<b><i>Proper use of Equipment</i></b>	- student rarely uses equipment properly	- student sometimes uses equipment properly	- student usually uses equipment properly	- student always uses equipment properly

## **3. Healthy Lifestyle Practices**

	<b><i>0-1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>4</i></b>
<b><i>Approach to Learning</i></b>	- student rarely has a positive attitude towards learning	- student shows a positive attitude towards learning 50% of the time	- student shows a positive attitude towards learning with some prompting	- student always has a positive attitude towards learning
<b><i>Sensitive to Others And Shows Cooperation</i></b>	- student is sensitive to others rarely - student rarely is cooperative	- student is sensitive to others 50% of the time - student cooperates with others most of the time with reminders	- student is sensitive to others most of the time - student cooperates consistently with others	- student is sensitive to others all the time - student always cooperates with others.
<b><i>Respectful Behavior</i></b>	- student is rarely respectful to others	- student is respectful 50% of the time	- student is respectful most of the time but does need reminders	- student is respectful all the time

