

Physical Education
Course code:
Grade 5
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Ste Rose School

Turtle River School Division

Gym

Course Overview

Welcome to Physical Education Class!! The purpose of this class is to increase the interest in physical activity and to maintain a healthy lifestyle. The students will learn fun and easy games that can be played with partners, groups, or a large group of individuals. They will learn different sports and the rules of these sports. They will also learn specific skills that are used in sporting events. This class is to provide lifelong skills to enhance and help individuals be interested and/or participate in sports.

Supply List

- Binder
- Pencil
- Non-marking shoes
- Deodorant
- Appropriate shorts or sweat pants
- Shirt with sleeves
- Clothes bag

Resources needed

- Computers (supplied by school)
- Notebook
- Physical education sporting equipment (supplied by school)

Classroom tools and procedures:

1. Health education: Students must come prepared with a pencil, binder, and loose-leaf papers.
2. Physical education: Students must come prepared to participate with good sportsmanship.

Classroom Rules and Expectations

All members of the classroom will....

1. Make the classroom a safe place to learn

- a. All members will be respectful of the opinions, ideas, culture, and overall person of other members in the class.

2. Respect their classmates

- a. The members of the class must respect the others right to learn and work in the school environment.

3. Use of technology

- a. NO Technology will be used within the gym.

4. Prepared

- a. Come prepared to class ready to learn with necessities that will be used every day in class. It is the student's responsibility to not lose their paper work and to save frequently while doing computer tasks.
- b. Students will change before physical education class.

5. Homework

- a. If a student has homework they must complete it the day it was given, if they fail to complete the homework they will have to spend their spare time finishing it.

Assessment Guidelines

- **Assessments/work** are due at the beginning of the class on the due date. (If extension is needed, the student must ask the teacher).
- **Late assignments** will receive a **zero** until the assignment is handed in.
- **Tests:** students will have the chance to re-write up one test of their choice.
- **Plagiarized assignments** will be given a **zero** until the student has redone the assignment.
- If you **miss a class**, it is the student's responsibility to find what they have missed and to complete work that was done on their own time.
- **Extra assistance:** student must arrange a time with teacher to receive extra assistance.

Methods of evaluation: rubrics, quizzes, comprehension questions, projects, review questions, journals, writing pieces, checklists, self-evaluations, **teacher anecdotal notes**, etc.

Method of assessment: Each mark will be assessed with a percentage and will be cumulative throughout the year.

Course Learning Outcomes

1. Enhance physical activity
2. Develop skills related to sports/organized games
3. Increase the interest in physical activity
4. Increase interaction/peer friendships in a positive and physical manner
5. Help maintain a healthy lifestyle
6. Sportsmanship

Course Marking Overview

Marks will be cumulative throughout the school year.

1. Movement:

Students will have to complete warm ups during every physical education class which will enhance their learning and techniques during the class. It is also a safety precaution that will teach students that they must warm up before any activity. Students will also learn different types of sports and techniques that will be used within sporting activities. The students will learn team and group activities that can also be used in everyday life to stay active.

- Warm ups
 - Completed warm up or not completed
- Sports
 - Techniques
 - Effort and skills learned and practiced
- Team/group games
 - Attitude, effort, and sportsmanship

2. Fitness management:

Students will have to have a positive attitude towards sports and learning the skills needed for sports. Part of physical health is to be able to manage the activity you do every day. Students must be prepared every day to participate in any activity done in class.

- Participation
 - Attitude towards sports/activities and others
 - Preparedness on random chosen days

3. Healthy lifestyle

- Health

* This course outline and the evaluation breakdown may be subject to change. *

Quick overview of the year plan.

September

- Soccer
- Running (course de fond)
- Outdoor activities
- Health

October

- Soccer/Soccer baseball
- Volleyball
- Yoga
- Running games (4-5)
- Health

November

- Volleyball
- Yoga
- Throwing games
- Kick ball (indoor)
- Health

December

- Basketball (drills)
- Australian baseball
- Fitness (work outs)

-Health

January

-Basketball (drills)

-little organized games

-Rounders

-Health

February

-Badminton

-hand-eye coordination games

-Health

March

-Badminton

-Line dances

-Health

April

-Badminton

-Flag Football

-Fitness

-Track and field

-Health

May

-Track and field

-Team games

-Kick ball (outdoor)

-Health

June

-Track and field

-Little organized games

-Student choice

-Health

