



Course Outline

Course Title: Grade 10/ Senior 2 (20 F) Physical Education

Teacher: Physical Education Department Members

Course Description:

The Grade 10 (20F) Physical Education course at Crocus Plains High School is designed to fulfill the growth, developmental, and behavioral needs of each student through the medium of physical activity and movement. Emphasis is placed on involvement and the opportunity for each student to build, cultivate, and maintain a strong and active mind and body through participation in the various activities.

General Learning Outcomes:

General student learning outcomes are broad statements identifying the knowledge, skills, and attitudes that students are expected to demonstrate with increasing competency and confidence by the end of their Senior One physical education experience. These outcomes will be achieved through a variety of learning experiences contributing to physically active and healthy lifestyles

The five general learning outcomes for Senior 2 Physical Education are:

- 1. Movement:** The student will demonstrate competency in selected movement skills, knowledge of movement development and physical activities, with respect to the different types of learning experiences, environments, and cultures.
- 2. Fitness Management:** The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.
- 3. Safety:** The student will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity and in daily living.
- 4. Personal and Social Management:** the student will demonstrate the ability to develop self-understanding, make health enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.
- 5. Healthy Lifestyle Practices:** The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, nutritional decisions, substance use and abuse, and human sexuality.

Course Evaluation Structure:

Each student registered in a Physical Education course at Crocus Plains High School will be evaluated according to two rubrics. One deals with the Physical Activity component of the class and the other deals with the Health component of the class. Below is the Physical Activity Rubric, followed by the Health Rubric.

PHYSICAL ACTIVITY COMPONENT RUBRIC

A) MOVEMENT And FITNESS MANAGEMENT (50 % of Overall Grade)

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to following a personal fitness plan for lifelong physical activity and living.

1. Student uses and demonstrates activity specific movement skills taught in class.
2. Student uses and demonstrates rules of activity/game taught in class.
3. Student applies movement skills to sport specific games/activities.
4. Assistance with equipment, officiating and helping others displayed.
5. Student uses and demonstrates proper fitness components as taught in class.
6. Student displays knowledge of exercise physiology, training principles and technology.
7. Student displays proper warm up and cool down procedures.
8. Student actively participates in demonstrating a positive fitness lifestyle.

	<i>0 – 1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>Movement Skills</i>	Student does not demonstrate move.	student shows movement skills occasionally	student uses movement skills regularly	student uses movement skills without prompting	student uses all movement skills all the time
<i>Rules of Activity</i>	student does not demonstrate rules of the activity	student uses rules occasionally	student uses rules regularly	student uses rules all the time with some prompting	student uses all rules all the time
<i>Apply Movement Skills</i>	student does not apply skills in activity	student applies skills occasionally	student applies skills regularly	student applies skills all the time with some prompting	student applies skills all the time
<i>Assisting in Class</i>	student does not assist with equipment	student rarely assists with equipment	student assists with equipment 50% of the time	student assists with equipment most of the time	student assists with equipment all the time
<i>Using Fitness Components</i>	student does not make effort to improve their fitness components	student shows little effort to improve their fitness components	student shows effort 50% of the time to improve their fitness components	shows a strong effort most of the time to improve their fitness components	a strong effort to improve their fit. comp. all the time
<i>Knowledge of Training Principles</i>	student does not display knowledge of training principles.	student displays little knowledge of training principles	student needs some prompting to show training principles knowledge	Strong knowledge of training principles. with some assistance	student displays a strong knowledge and competency of training principles.
<i>Proper Warm Up / Cool Down</i>	student never warm-ups/cool downs properly	student rarely displays a proper warm-up/cool down	student displays proper warm-up /cool down with guidance	student displays proper warm-up /cool down consistently	student displays proper warm-up /cool down all the time
<i>Active Lifestyle</i>	student is never active in class activities	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

B) SAFETY and SOCIAL MANAGEMENT (50 % of Overall Grade)

The student will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity and daily living. Students will also 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.

1. Student shows respect for the safety of self and others by following gym rules and the rules of all activities.
2. Student applies safe practices to physical activity and healthy lifestyles.
3. Student wears appropriate clothing, equipment and footwear.
4. Show a positive attitude toward learning, growth, personal health and the needs of others.
5. Show a willingness to play fairly and work cooperatively with others.
6. Participate in personal goal setting activities.
7. Demonstrates respect to classmates, the activities, and the instructor.
8. Student works to the best of their ability and gives a strong effort.

	0 – 1	2	3	4	5
Safety Rules	student does not follow rules of gym safety	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
Safe Practices	student never applies safe practices when active	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
Proper Equipment	student never has proper gym attire	student rarely has proper gym attire	student has proper gym attire 50% of time	student has proper gym attire most of the time	student has proper gym attire all of the time
Approach to Learning	student never has a positive attitude to learning	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
Fairness	student never plays fairly in games.	student rarely plays fair in games.	student needs regular prompting to play fairly in games	student needs little prompting to play fairly in games	student always plays fairly in games
Cooperation	student never cooperates with others	student rarely is cooperative	Student cooperates with others most of the time with reminders	Student cooperates consistently with others	student always cooperates with others.
Respectful Behavior	student is never respectful to others	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 respectful all the time
Personal Effort	student never puts forth their best effort	student rarely puts forth their best effort	student gives their best effort 50 % of the time	student gives their best effort in a consistent manner	student gives their best effort all the time

HEALTH COMPONENT RUBRIC

A) PERSONAL/SOCIAL MANAGEMENT (35% of Overall Grade)

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.

1. Show a positive attitude toward learning, growth, and personal health
2. Sensitivity to others and issues
3. Student demonstrates the ability to cooperate with others during activities.
4. Student is respectful of the needs of others
5. Student demonstrates the ability to be punctual and prepared

	0 – 1	2	3	4	5
<i>Approach to Learning</i>	student never has a positive attitude in class to learning	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
<i>Sensitive to Others</i>	student is never sensitive to others	student is sensitive to others rarely	student is sensitive to others 50 % of the time	student is sensitive to others most of the time	student is sensitive to others all the time
<i>Cooperation</i>	Student never cooperates with others	student rarely is cooperative	student cooperates with others most of the time with reminders	Student cooperates consistently with others	student always cooperates with others.
<i>Respectful Behavior</i>	student is never respectful to others	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
<i>Personal Responsibility</i>	student never comes prepared or punctual for class	student rarely comes to class prepared and punctual	student comes to class prepared and punctual 50% of the time	student comes to class prepared and punctual most of the time	student comes to class prepared and punctual all of the time

B) WRITTEN TEST (30 % of Overall Grade)

Based on the theory, strategy, and skills taught within the unit. Written at the conclusion of the activity

C) ASSIGNMENTS (35% of Overall Grade)

Students will be expected to participate in and complete a number of written, oral, and/or group assignments. Assignments will vary depending on the Health Unit being taught at the time and may be either in-class or out-of-class assignments.

Each of the units will have the students evaluated, as part of their mark using a rubric based on the above areas and may include the following methods:

Student Self Evaluation
Anecdotal Teacher Notes
Guest Speakers
Written Assessment

Peer Assessment
Group Evaluations
Debates

Skills Checklist
Oral Presentations
Journal Writing

Statement of Standards – Students Completion of Course Evaluation Requirements

STUDENT ATTENDANCE

Consistent attendance and active participation in Physical Education allows the instructor to make an accurate assessment of your son/daughter. With this in mind, students are required to take an active role in all class activities. Failure to do that will result in the instructor not being able to assess the student. If students are in school they should be active in P.E. class. Please advise the instructor of any conditions that may override the student's participation. Students will have the opportunity to develop fundamental sport skills, specific sport skills, as well as acquire knowledge of rules and strategies for a variety of team and individual games and activities. There will be a special emphasis on active participation as well as respectful and responsible behaviors towards fellow students and staff.

STUDENT DRESS POLICY

All students must have gym shorts or sweat pants, t-shirt, sweat shirt, socks, and gym shoes. No boots, hiking boots, street shoes, sandals, or shoes with a heel will be allowed. Failure to have the necessary gym attire will make it difficult for the student to earn marks in Physical Education. A strong emphasis will be placed on students coming prepared and changed for class.

LATE ASSIGNMENTS/TESTS

Students are responsible to obtain missing assignments due to an excused or unexcused absence, from the teacher upon their return to class. Any missed assignments must be completed within one week of the unit ending. Failure to complete the missing assignment within the week will result in a mark of zero percent given for that assignment.

Any tests that are not written by a student due to an excused or unexcused absence from class on the test day will be considered incomplete. The student will be given the opportunity to write the test within one week upon their return to class. Failure to complete the missing test within the week will result in a mark of zero percent given for that test.

Any extension for a student to the above standard will only be considered by the administration when requested by the teacher.

UNIT SUMMATIVE ASSESSMENT – DUE DATE: END OF EACH UNIT

All assessments and/or evaluations will be assigned a reasonable completion date. Student negligence and/or disregard towards the assessment and/or evaluation due date will result in a "0" grade being recorded for the incomplete assessment and/or evaluation.

Parents/guardians will be advised of all unit/term summative assessments that are not handed in by the due date.

Penalization for Late Assessments and/or Evaluations

Opportunities to submit the original or an alternate unit/term summative assessment with a new due date may be provided by the teacher after consultation with the student and parent and/or guardian, but is subject to penalization in accordance to divisional guidelines.

Penalization for late unit/term summative assessments is as follows:

- Grade 10 – 15%

Once the late unit/term summative assessment is marked, the penalized assessment mark will replace the "0" grade that was originally assigned to the student.

If the original or alternate assessment is not submitted by the new completion date, or if the student refuses to submit a required assessment, the "0" grade assigned to it will remain on the student's evaluation records. The "0" grade(s) will be calculated into the student's final mark for the unit of study and will be used in the calculation of the final grade of the course.

Final Mark Appeal Policy

Students are required to address all perceived mark errors directly with the teacher following the return of each assessment or following any reporting period.

If a student chooses to appeal the final course mark, the following procedures must be followed:

- The student meets with the teacher to discuss the final mark. Parents/guardians should attend this meeting.
- If the student is not satisfied with the results of the meeting with the teacher, the student can activate an official appeal using the Final Grade Appeal Form.
- The Final Grade Appeal Form is forwarded to the Principal.
- The Principal forwards a copy of the Final Grade Appeal Form to the teacher with a request to forward any relevant information.
- The Principal will schedule a meeting with the student, teacher, and parent/guardian to allow presentation of information relevant to the appeal.
- The Principal reviews the information gathered, considers the information presented by all parties and makes a final decision. The final decision will have one of two results: mark remains the same or the mark is increased.
- Appealed marks will stand as the final mark. Students receiving 50% or above will pass the course

UNITS OF STUDY

Orientation and Course Outline Review

Fitness Testing & Outdoor Games 2

Badminton

Outdoor Games & High Intensity Games 2

Tchoukball and Weight Training

Rhythmics and Basketball

Positive Lifestyles *CLASSROOM*

Injuries & CPR *CLASSROOM*

Archery & Floorball

Fitness Testing & High Intensity Games 2

PARENT: Please read, provide the necessary information, sign, & return this page to your Phys. Ed. Teacher!

ELEMENTS OF RISK IN PHYSICAL EDUCATION

The risk of injury exists in every athletic activity. However due to the nature of some activities, the risk of injury may increase. Injuries may range from bumps and bruises to minor sprains/strains to serious injury. The safety and well being of the students is of utmost concern and all attempts are made to effectively manage as best possible the foreseeable risks inherent in all the physical activities. It is important that your child participate in a safe and comfortable manner in the physical education program. In your child's best interest we recommend the following:

- | | |
|--|--------------------------------------|
| a) An annual medical examination | d) No Jewellery can be worn |
| b) Appropriate attire and footwear for safe participation in class. | e) Eyeglass straps or contacts |
| c) The wearing of sun protection (sunscreen) for all outdoor activities. | f) No sunglasses or hats can be worn |

MEDICAL INFORMATION

Please explain all medical conditions that your son/daughter has that the Physical Education Staff should be aware of. (concussions, diabetes, epilepsy, asthma, allergies etc.) Anything that may affect participation and student safety.

HEALTH EDUCATION PERMISSION

The new Health Education Curriculum has been developed to provide students with the knowledge and skills to make healthy lifestyle decisions and choices. The curriculum deals with safety, personal and social management, and healthy lifestyle practices. The units that may be of particular interest to Senior 2 parents are the Healthy Personal Lifestyles and the Relationships unit. Specific learning outcomes are available at the Manitoba Education, Training and Youth website. For further information on these topics please access this website at:

www.edu.gov.mb.ca/metks4/curricul/k-s4curr/physhlth/k-s4framework.html

_____ I am aware the school will present the Health Curriculum to my child in accordance with the Manitoba Education Curriculum.

OR

_____ I will provide for my child an alternative delivery of the Manitoba Health curriculum for the units checked below.

- | | |
|-------|---------------------|
| _____ | Positive Lifestyles |
| _____ | Injuries & CPR |

By signing below:

- **I agree with the expectations of the Grade 10 Physical Education Course Outline**
- **I acknowledge the department's policy with regards to late and incomplete work**
- **I acknowledge the element of risk in physical education, provided the necessary medical information**

Student Name: _____ Parent/Guardian Signature: _____

Date: _____

Emergency Contact #'s: Home # - _____ Work # - _____

Cell # - _____