

Physical Education 7 Course Outline

Mr. Yasinski

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Course Objectives: Students will acquire and develop skills through a variety of activities. Through participating in these movement activities, they will gain an appreciation and understanding of the **health benefits** of physical activity, interact in a **positive manner with others** and gain a positive attitude which will lead them down a path towards an **active lifestyle**.

Activity
Benefits Health
Cooperation
Do it Daily.. for Life!














Materials: Indoor running shoes (no scuff marks)

Change of clothes between Phys. Ed and regular classes (shorts/t-shirt)

Deodorant

Whenever possible, ball glove, helmet and bicycle, skates/gloves (Will be notified when these are needed).

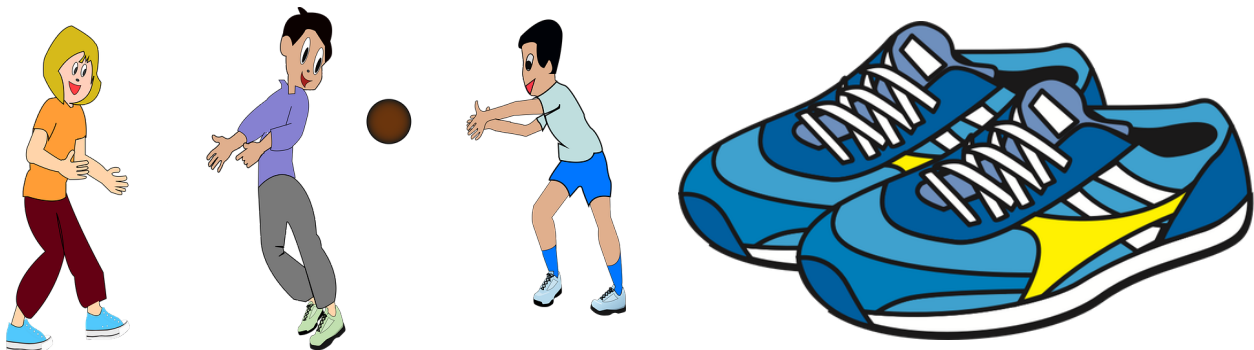
Course Activities:

Unit	Time Frame
 Softball/Football/Soccer/Golf 	September
Volleyball 	October
 Team Handball/Basketball 	November
Basketball 	December
 Fitness/Circuit Training, Floor Hockey 	January
Gymnastics/Dance 	February
Badminton 	March
Badminton 	April
Track and Field 	May
Outdoor Activities 	June



PE Daily Participation Mark

5	<input type="checkbox"/> Constantly displays a high amount of effort <input type="checkbox"/> Constantly displays sportsmanship to others <input type="checkbox"/> On time and in appropriate Phys. Ed clothing <input type="checkbox"/> Consistently demonstrating enthusiasm and positive attitude toward the activity and others <input type="checkbox"/> Uses adequate language for a classroom setting
4	<input type="checkbox"/> Frequently displays a high amount of effort <input type="checkbox"/> Frequently displays sportsmanship to others <input type="checkbox"/> On time and in appropriate Phys. Ed clothing <input type="checkbox"/> Demonstrates enthusiasm and positive attitude toward the activity and others <input type="checkbox"/> Uses adequate language for a classroom setting
3	<input type="checkbox"/> Displays an acceptable amount of effort <input type="checkbox"/> Displays some sportsmanship to others <input type="checkbox"/> On time without appropriate clothing or late with appropriate clothing <input type="checkbox"/> Generally exhibits enthusiasm and a positive attitude <input type="checkbox"/> Uses adequate language for a classroom setting
2	<input type="checkbox"/> Displays minimal effort <input type="checkbox"/> Displays poor sportsmanship to others <input type="checkbox"/> Not prepared for class and is late <input type="checkbox"/> Displays no enthusiasm and a negative attitude <input type="checkbox"/> Does not use adequate language for a classroom setting
1	<input type="checkbox"/> Little to no effort <input type="checkbox"/> No sportsmanship or regards for others <input type="checkbox"/> Not prepared for class or is late <input type="checkbox"/> Expresses disinterest in the activity with a negative attitude <input type="checkbox"/> Does not use adequate language for a classroom setting



Course Expectations:

1. Students show up to the gym on time, in appropriate clothing and shoes. You now have gym lockers so be quick in the locker rooms. You do not want to waste your phys. Ed time. If class activities are held outside, students should be dressed appropriately for the weather.
2. Students are required to bring a note from home regarding any absences or reasons for non-participation. A doctor's note is required if the absence is longer than 5 days for non-participation.
3. Off campus activities (bowling/cycling, etc) require a form to be signed by a parent or guardian in order to attend. These off campus forms must be handed in on time.
4. No eating or drinking pop/juice in the gymnasium at any time.
5. Students are expected to leave their phones and other electronic devices in their gym locker.

Course Evaluations:

1. Term Reports:
 - Participation 75%
 - Skills 15 %
 - Quizzes 10%
 - Total 100%

Stay Active

Stay Healthy

Stay You

LET US STAY ACTIVE TOGETHER