



**PHYSICAL EDUCATION 10/20**  
**Block A 5 Credits**  
**Mrs. K. Wiebe**  
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**2021-22**



**General Outcomes in Physical Education (A,B,C,D):**

**Activity:** to acquire skills in various movement activities such as games, outdoor pursuits, dance, etc.

**Benefits Health:** to understand the health benefits that result from activity

**Cooperation:** develop positive interaction with others; develop and appreciate leadership skills

**Do it Daily for Life:** to learn the value in leading an active lifestyle

(Outcomes B,C, and D will be achieved through safe and active participation in activities in Outcome A.)

**DRESS CODE:**

- Students are required to change from their regular clothes into gym wear to allow for comfort, flexibility, personal hygiene, and safety while participating.
- Suggested gym wear would be shorts or sweat pants and a T-shirt. **Indoor** running shoes, which are **clean**. No black or hard-soled shoes, or **sandals** will be allowed for safety reasons and to protect the gym floor surface.
- If classes are held outdoors, students will be asked to dress accordingly.

**PE Daily Participation Rubric**

|   |   |
|---|---|
| 5 | <ul style="list-style-type: none"><li>• consistently demonstrates a high level of effort</li><li>• consistently follows safe practices of self and others</li><li>• on time and changed for class</li><li>• an ongoing display of enthusiasm toward the activities coupled with a positive attitude</li><li>• consistently demonstrates etiquette and fair play</li><li>• uses language conducive to classroom setting</li></ul>  |
| 4 | <ul style="list-style-type: none"><li>• frequently demonstrates a necessary level of effort</li><li>• frequently follows safe practices of self and others</li><li>• on time and changed for class</li><li>• displays enthusiasm toward the activities while maintaining a positive attitude</li><li>• demonstrates etiquette and fair play</li><li>• uses language conducive to classroom setting</li></ul>  |
| 3 | <ul style="list-style-type: none"><li>• demonstrates an acceptable level of effort</li><li>• generally follows safe practices of self and others</li><li>• on time but not changed for class or late for class but changed</li><li>• an acceptable level of enthusiasm toward the activities</li><li>• for the most part exhibits a positive attitude</li><li>• etiquette and fair play are at acceptable levels</li><li>• uses language conducive to classroom setting</li></ul> |

|   |   |
|---|---|
| 2 | <ul style="list-style-type: none"> <li>• displays a minimal level of effort</li> <li>• sometimes follows safe practices of self and others</li> <li>• not prepared to participate in class, late for class</li> <li>• displays an indifferent attitude</li> <li>• occasionally plays fairly and shows proper etiquette</li> <li>• participates only when interested or encouraged by the teacher</li> <li>• language used is <u>not</u> conducive to classroom setting</li> </ul> |
| 1 | <ul style="list-style-type: none"> <li>• little or no effort displayed</li> <li>• rarely follows safe practices of self and others</li> <li>• not prepared to participate in class</li> <li>• late for class</li> <li>• expresses disinterest in activities</li> <li>• demonstrates little or no willingness to follow rules</li> <li>• language used is <u>not</u> conducive to classroom setting</li> </ul>   |

**Inexcused absences** student will be given a "0" for daily participation.

### **SUGGESTED TIMELINE OF ACTIVITIES:**

|                           |  |
|---------------------------|--|
| <b>August 30</b>          | <b>Introduction to PE 10</b>                         |
| <b>August 31- Sept. 8</b> | <b>Baseball (2); Soccer (2); Football (2)</b>        |
| <b>September 9-28</b>     | <b>Volleyball (11); Golf (3)</b>                     |
| <b>Sept. 29-Oct. 7</b>    | <b>CPR (7)</b>                                       |
| <b>Oct. 12-13</b>         | <b>Fitness Testing (2)</b>                           |
| <b>October 14-27</b>      | <b>Fitness Unit ( Weight room, RIP) (9)</b>          |
| <b>October 28-Nov. 3</b>  | <b>Floor Hockey (5)</b>                              |
| <b>Nov.4-17</b>           | <b>Curling ( 8)</b>                                  |
| <b>Nov. 18-Dec. 7</b>     | <b>Basketball (13)</b>                               |
| <b>Dec.16-20</b>          | <b>Cooperative Games ,</b>                           |
|                           | <b>Cross-Country Skiing, Skating/ Ice Hockey (4)</b> |

### **December 18- January 4 Christmas Break**

|                     |                       |
|---------------------|-----------------------|
| <b>January 5-21</b> | <b>Badminton (13)</b> |
| <b>January 24</b>   | <b>Dance (1)</b>      |
| <b>January 25</b>   | <b>Bowling (1)</b>    |



### EXPECTATIONS:

1. Students must be changed into PE clothing and ready to participate on time.
2. Students are encouraged to use hand sanitizer, which will be provided at the entry doors into the gymnasium.
3. Students are required to bring a note from home in case of any absence or reason of non-participation. A note from the doctor is required if a student misses five consecutive classes.
4. Absolutely no eating, drinking of pop, or gum chewing will be allowed. **No cell phones will be allowed into the change room or gymnasium during class time.**
5. Long hair must be tied back and all jewelry must be removed. **DO NOT LEAVE VALUABLES IN THE LOCKER ROOM OR LOCKER.** **Lockers should be locked at all times with a school lock**, which can be purchased at the main office.
6. Off-campus forms must be signed by the parent or guardian and handed in on time in order for the student to partake in off-campus units (ie. aquatics, fitness, curling, etc.)
7. A safe environment must be maintained for all activities; therefore respect must be shown to the teacher, to your peers, and to yourself. We are all here to learn and have fun!!

### COURSE EVALUATION:

#### PE 10:

|               |      |
|---------------|------|
| PARTICIPATION | 65%  |
| SKILLS        | 20%  |
| EXAMS         | 15%  |
|               | 100% |

#### PE20:

|               |      |
|---------------|------|
| PARTICIPATION | 55%  |
| SKILLS        | 20%  |
| EXAMS         | 15%  |
| LEADERSHIP    | 10%  |
|               | 100% |



The mark in Physical Education is cumulative throughout the semester. There is no final exam in this course.