



## Physical Education

WELCOME ALL GATORS TO OUR PE PROGRAM!

### Expectations:

Physical education students are expected to ..

- 1) .. arrive to class on time. Get changed immediately (*change rooms as well as individual washrooms at the back of the gym*) and hustle out of the locker room. Limit the hangout and chatting in the change room, let's dominate this PE class together!
- 2) .. it is a good idea to be changed into comfortable fitness-like clothing. You will sweat in the gym! Changing clothes is a great complement to hygiene and health! Chances are, students will be going to a classroom after PE class, or be spending a significant amount of time in sweaty, potentially STINKY, clothing!
- 3) .. participate in **ALL** class activities, unless a medical condition (with note) deems you unable.
- 4) .. be prepared for class. Sneakers at the very least are important for safety and success in the gymnasium. (shorts, track pants, yoga pants, jogging pants, etc.)
- 5) .. cooperate with all your classmates ... and your **teacher**, of course ☺ !!

### Evaluation:

4	In-depth knowledge and understanding of content and concepts. Able to extend the application of related skills.
3+	Competent +
3	Competent knowledge and understanding of content and concepts. Appropriate application of the related skills.
2+	Developing +
2	Developing knowledge and understanding of content and concepts. Developing in the application of related skills.
1+	Limited +
1	Limited knowledge and understanding of content and concepts. Limited application of related skills.

**Participation:** Effort, attitude, leadership and cooperation will affect the participation grading in PE. Come to the gym ready to have fun, do your best, and put your “best foot forward”!

**Theory/Testing:** Throughout the year students will be asked to demonstrate some of the knowledge and skills learned in class. This may be done in the form of quiz writing, rubrics, self-evaluation and skill demonstration in game situations.

### Physical Education – Learning Outcome – Grade 7, 8, 9

Upon completion of this course, students will be able to:

- ✓ Demonstrate a cognitive and physical understanding of basic skills, rules, and principles of the course activities, while being able to analyze strategy for their best application.
- ✓ Exhibit knowledge and proficiency in the area of personal fitness.
- ✓ Demonstrate an awareness and understanding of the concepts related to sport and physical activity.

- ✓ Show development of the social skills that are the foundation of healthy, active lifestyles:
  - responsibility for personal development, mature attitude, willingness to explore new skill areas, leadership, cooperation concepts, sportsmanship and fairplay.

## Physical Education – Course Outline - Grade 7, 8, 9

The Physical Education program is divided up into five distinct components. These components include:

### Active Living

Activities in this section include, but are not limited to the following activities:

Walking, fitness activities, archery, golf, fitness training, dance, etc..

### Outdoor Games

Activities in this section include, but are not limited to the following activities:

Skiing, orienteering, hiking, biking, canoeing, playground games, rowing

### Movement/Dance

Activities in this section include, but are not limited to the following activities:

Body awareness, dance, space awareness, “Create Your Own Dance” activity etc.

### Sport Experience

Activities in this section include, but are not limited to the following activities:

Locomotor skills, athletics (badminton, basketball, volleyball, etc),

### Gymnastics

Activities in this section include, but are not limited to the following activities:

Artistic floor exercises, tumbling, pyramids, station work, Stuntnastics etc.

**Physical Education Staff:**

**Mr. Starzomski (Gr. 7-8) and Mr. Ryan (Gr. 8 and 9)**