

Immaculata Regional High School

Physical Education 8-10 2013/14

(Mr. Oliveira)

Content	Teaching Strategies/Learning Activities	Assessment	B.C. Curriculum Organizer Linkage
<p>A. Active Living</p>	<p>1. Oral discussion of the following concepts: health and wellness, life fitness, eating habits, long term health effects, FIT principle, physiological responses to exercise, growth in the body, exercise and mind, stress management, and relaxation.</p> <p>2. Daily participation in activities.</p>	<p>1. Oral participation/attitude.</p> <p>2. Oral testing of the concepts of health and wellness, life fitness, eating habits, long term health effects, FIT principle, physiological responses to exercise, growth in the body, exercise and mind, stress management, and relaxation.</p>	<p>P.E. 8 A. i, ii, iii, iv, v, vi, vii, viii, ix, x, xi, xii</p> <p>P.E. 9 A. i, ii, iii, iv, v, vi, vii, viii, ix, x, xi, xii</p> <p>P.E. 10 A. i, ii, iii, iv, v, vi, vii, viii, ix, x, xi</p>
<p>B. Movement</p>	<p>1. Oral discussion of kinesthetic principles and game strategies.</p> <p>2. Visual demonstration of specific movements.</p> <p>3. Skill development drills in the following sports: Ultimate Frisbee, Soccer, Field Lacrosse, Football, Volleyball, Basketball, Indoor Soccer, European Handball, Dance, Weight Lifting, Badminton, Floor Hockey, Track and Field (javelin, discus, shot put, high jump, 100m, 400m, 1500m), Tennis, and Softball.</p> <p>4. Participation in games of the above activities.</p> <p>5. Oral feedback on students' individual performance.</p>	<p>1. Performance evaluation in the following activities: Ultimate Frisbee, Soccer, Field Lacrosse, Football, Volleyball, Basketball, Indoor Soccer, European Handball, Dance, Weight Lifting, Badminton, Floor Hockey, Track and Field (javelin, discus, shot put, high jump, 100m, 400m, 1500m), Tennis, and Softball.</p> <p>2. Self-Evaluation of their participation level.</p> <p>3. Oral testing for knowledge of proper techniques, movements, and rules.</p>	<p>P.E. 8 B1: i B2: i, ii B3: i, ii, iii, iv, v B5: i, ii, iii</p> <p>P.E. 9 B1: i, ii B2: i, ii, iii B3: i, ii, iii, iv, v B5: i, ii, iii</p> <p>P.E. 10 B1: i, ii B2: i, ii B3: i, ii, iii, iv, v B5: i, ii, iii</p>

Physical Education 8-10 Course Outline (cont.)

Content	Teaching Strategies/Learning Activities	Assessment	B.C. Curriculum Organizer Linkage
C. Personal and Social Responsibilities	<ol style="list-style-type: none"> 1. Oral discussion of the following topics: safety, sportsmanship, self-esteem, God/Jesus and the physical body, the role of a leader. 2. Daily participation in activities. 3. Oral feedback on students' individual performance. 	<ol style="list-style-type: none"> 1. Performance Evaluation. 2. Oral testing for knowledge of the following topics: safety, sportsmanship, self-esteem, God/Jesus and the physical body, the role of a leader. 3. Self-Evaluation. 	<p>P.E. 8 C: i, ii, iii, iv, v, vi, vii, viii</p> <p>P.E. 9 C: i, ii, iii, iv, v, vi, vii</p> <p>P.E. 10 C: i, ii, iii, iv, v, vi, vii</p>

Assessment and Evaluation

Students are evaluated daily on their level of participation, effort, attitude, and skill development using a 5-point scale.

Class Participation with proper gym wear	3
Skill development	1
Leadership and volunteerism	1
Daily Total	5

If a student does not bring their proper gym wear they will receive a mark of 0 for that class. Students will still be expected to participate through completing tasks throughout the gym or field.

Course Overview

PE 8, 9 and 10 are participation based courses, in which students will gain the maximum amount of physical exercise possible and will learn skills that they will be able to translate to a lifetime of sport.

Students will not be given a written test at the end of each activity unit. The testing of active living concepts, knowledge of rules, techniques, and strategies will be done orally and through observation throughout the unit.

Explanation of Work Ethic Indicators

G

You arrive to class on time, prepared with an acceptable gym strip which includes having your shoes properly tied up. You have a strong work ethic and your class participation is completed to the best of your abilities. You are making every effort to help with the equipment setup, takedown, and class responsibilities. During class you are attentive and focussed on the task at hand, and you willingly do as you are asked. You work well in individual skill development, and team situations and you do your best for yourself and your team. You display a positive attitude along with appropriate behaviour. You treat yourself, your peers, and adults with the respect inherent in the Gospel values. You display good work habits and effort in all that you do.

S

Most of the time you arrive to class on time, prepared with an acceptable gym strip which includes having your running shoes tied up. Most of the time you have a strong work ethic and usually your class participation is completed to the best of your abilities. Although you occasionally miss helping with equipment setup, takedown, and class responsibilities, you are making an honest effort. You usually do your best to remain attentive and focussed on the task at hand with only occasional lapses. You work fairly well in individual skill development and team situations and, on most occasions, appear to be doing your best. Most of the time you display a positive attitude with appropriate behaviour. You treat yourself, your peers and adults with the respect inherent in the Gospel values. You display satisfactory work habits and effort most of the time.

N

You frequently arrive late and/or unprepared for gym class. On occasion, you are reluctant to put forth a minimal effort and your class participation is inconsistent. Equipment setup, takedown, and class responsibilities are often avoided. During class, you are often unfocussed and/or distracted. You struggle in both individual skill development and team situations. Your attitude and your behaviour are often unacceptable. You sometimes treat yourself, your peers and adults with a lack of the respect inherent in the Gospel values. Your work habits need to improve.