

Physical Education Grade 7-9 Course Outline

Indus School

Teacher: Mr. MacDonald

Learning Goals: As directed by Alberta Education, the following categories will be stressed and incorporated into our units this year:

Activity: Students are actively engaged in activities, including fitness and gameplay

Benefits Health: Students work diligently to improve their personal health and fitness level

Cooperation: Students cooperate with teachers and peers and demonstrate sportsmanship at all times

Do it Daily: Students develop the ability to develop skills to be active for life

Below is a tentative calendar for this year:

***Fitness activities will also be incorporated throughout the year**

Time Frame

Sept.	LOGs, Volleyball
Oct.	Volleyball, Football, LOGs
Nov.	Football, Handball
Dec.	Basketball
Jan.	Basketball, Cooperative Games, LOGs
Feb.	Combative Games, LOGs
Mar.	Floor Hockey/Ringette/Pickle Ball
Apr.	Badminton
May	Track and Field, Ultimate Frisbee
June	Dance, Kick Ball, Soccer

*****Fitness testing will occur twice per term**

Expectations

Changing For P.E.

Students are expected to change for P.E. classes. Also, students must have a pair of running shoes to participate in class.

Unable to Participate

Students who are unable to participate in P.E. are expected to bring a note from home (whenever possible) which indicates this fact. Extended absences require a doctor's note.

Students may be unable to participate for the following reasons: no shoes, an injury/ note from home, or they may be removed from the class for behaviour or other reasons.

Students who do not participate in class will be given an alternate activity, and may not sit together during the course of the class.

Attitude, Safety, and Sportsmanship

Safety is the primary concern in Physical Education classes. Students are expected to follow the rules communicated related to safety. Students are also expected to use equipment only as directed.

Assessment:

Students will be assessed in a variety of ways, depending on suitability to outcomes in the Alberta Program of Studies. Assessment methods include observation checklists, conferences, performance tasks and demonstrations, observation rubrics, self-evaluation. Reporting will be conveyed to parent(s)/guardian(s) through PowerSchool and report cards.

More specifically students will be evaluated on: their personal fitness, demonstration of skills, understanding of health benefits from physical activity, and participation (changing, being attentive, collaborating and communicating well with classmates, and being active to the best of their personal ability).