**Physical Education 10 Course Outline**

**St. Mary’s School Taber AB**

**Semester 1 2015**

**Ms.Wauters**

**Aim**

Physical Education 10 is a required course for all students entering high school. Alberta Education states that students must earn credits in Physical Education 10 to receive their high school diploma.

The aim of the physical education program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle (Alberta Education, 2000).

Active Living – The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life (Alberta Education, 2000).

Benefits – Strong evidence exists that physical activity contributes to the overall well-being of individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity into their daily routines (Alberta Education, 2000).

**Outcomes**

In the Alberta Physical Education curriculum, there are 4 general learner outcomes:

Outcome A: ACTIVITY –Students will acquire skills through a variety of developmentally appropriate movement activities.

Outcome B: BENEFITS HEALTH –Students will understand, experience and appreciate the health benefits that result from physical activity.

Outcome C: COOPERATION –Students will interact positively with others.



Outcome D: DO IT DAILY FOR LIFE –Students will assume responsibility to lead an active way of life.

Link to the Alberta Physical Education Curriculum: <http://education.alberta.ca/media/450871/phys2000.pdf>

**A Few activities that you will be potentially participating in this fall semester:**

Games

Volleyball

Basketball

Badminton

Fitness

CPR

Dance

Flag Football

Curling

Ice Skating

Handball

Gymnastics

**Assessment**

* Participation (Daily) **70%**
* Skills (Improvement) **10%**
* Assignments **10%**
* PE Service Hours **10%**
  + *PE 10 students are required to complete 10 service hours. Volunteering has a positive benefit to students, school programs and the community. Opportunities will be made available throughout the semester (Ex: Helping Coach, Help Clean Up/ Take down at sporting events, running an intramural sport, creating posters for game days, etc). Members of athletic teams will be credited with 2.5 hours for participation in that sport. Completion of service hours is compulsory.*

**Student Expectations & Responsibilities**

* *Attendance-* Physical Education is an activity class, which requires students to participate. If for any reason a student is unable to participate (absent, injury etc.) a note from a parent/guardian is required. If there is no note provided or you are late for class, you will lose participation marks for that day.
* *P.E Strip*- Students who arrive to class without P.E strip have two options:
  + Borrow strip from the P.E department or
  + Complete a alternate assignment (to make up 80% of daily participation grade)
  + If a student is frequently forgetting to bring a P.E strip there will be a loss in participation grades, contact to home and referral to administration
* ***NO Cell Phones***- Any cell phone that is seen will be taken away.
* *Effort-* The expectation is that students will participate with their best effort.
* *Respect*- Be respectful of yourself, others around you and of the equipment to ensure a safe and fun environment for everyone to participate in.

**Materials Needed**

* P.E Clothing (t-shirt, gym shorts, track pants, sweat pants) Footwear (non-marking running shoes)
* Duotang with loose-leaf paper (will be kept in my office)

**Contact**

Please feel free to contact me for any questions or concerns.

Email: [mary.wauters@uleth.ca](mailto:mary.wauters@uleth.ca)

Or visit the class website: <http://sms-psiii.weebly.com>

St.Marys School Phone Number: 403 223-3165

I look forward to a great semester with you ☺

Ms.Wauters

***For Parents/Guardians:***

Please indicate that you have reviewed the Physical Education 10 Course Outline and all supporting documents, and that you understand the course your child is taking by signing the portion below and returning this outline with your child. Thank you.

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of Contact (circle): Email or Phone

If the phone is the preferred method of contact, please indicate the preferred times and number:

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