

SALISBURY COMPOSITE HIGH SCHOOL

PHYSICAL EDUCATION 10 COURSE OUTLINE

The aim of the Alberta Learning Kindergarten to Grade 12 Physical Education Program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.



A. Activity – Students will develop skills in a variety of movement activities; games, individual activities, dance, types of gymnastics and alternative environments (aquatics etc.)



B. Benefits of Health - Students will understand, experience and appreciate the health benefits that result from physical activity. Endurance, strength and conditioning will be gained by active participation in and out of class.



C. Cooperation - Students will interact positively with others. This will be demonstrated on a daily basis by displaying etiquette, fair play, and communicating appropriately. Students will develop transferable positive teamwork and leadership skills.



D. Do it Daily – Students will assume responsibility to lead an active way of life. This will be demonstrated by daily participation, using maximum exertion in class. Students will be assessed on exertion by teacher or by doing self – assessment.

Students will participate in a selection of the following activities to complete the outcomes: cycling, volleyball, basketball, rhythmnastics, badminton, wrestling, yoga, football, tennis, ultimate frisbee, soccer, team handball, dance, rugby, slo- pitch, orienteering, swimming, types of hockey, broomball, curling, weight training/fitness, pickleball, sepak takraw, bowling, and first aid. *An optional downhill ski trip may be offered to Rabbit Hill - participants will be required to pay in order to attend.

Your effort, commitment and determination to lead an active healthy lifestyle remain important factors in physical education. The skills you learn can improve your quality of life throughout your lifetime. Student involvement in drop-in or organized intramurals is encouraged.

Student Absences and Evaluation

Students who are absent will be given an **incomplete** and the opportunity to make up missed outcomes at a mutually agreed upon time with their teacher. Students are expected to be part of the assessment process.

Evaluation:

Formative Assessment- the student will be part of their assessment, teacher, student assessment takes place with constant feedback. The student will do self – assessment through the course of the course.

Summative Assessment- teacher assessment of all outcomes of the physical education curriculum.

"Physical education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life."