

PHYSICAL EDUCATION 20/30

Mr. M Cherney

COURSE OUTLINE 2023-2024

Golf	5(6 1 st DAY-FR) Classes	5(6) School Days	September
Ultimate Frisbee	6 Classes	6 School Days	October
One Wall Handball	7 Classes	7 School Days	November
Broomball/Floor Hockey	5(TAL) Classes	5 School Days	December
Curling	3 Classes	3 School Days	January
European Team Handball	5(OE) Classes	5 School Days	February
Traditional Team Sports	5 Classes	5 School Days	March
Soccer	6 Classes	6 School Days	April
Tennis	7(OE) Classes	7 School Days	May
Slo-Pitch	2 Classes	2 School Days	June
	51(52) Classes	51(52) School Days	

Supplemental Activities Sept – June

(Wall Climbing, Cross Country Skiing, Skating, Wilson Ball, Spike Ball, Frisbee Golf, Indoor Soccer, Bocce Ball, Bowling, Biking, Hiking, Flag Football, Fitness, Pyramid Building, Floor Hockey, Slacklining, Weight Training, Track and Field, Orienteering, Dance, Archery, Scuba Diving)

COURSE INFORMATION 2023-2024

PE 20/30

The goal of Physical Education 20/30 is to introduce students to activities that promote skill acquisition and activity, participation and benefits to health, positive interaction with others and cooperation, and, responsibility and leadership in an active lifestyle. The hope is that students would take many of these activities with them into adulthood where they can continue an active lifestyle with different sports teams, clubs, or individual pursuits. The course will include participation in a core of main activities with instruction and practice, and participation in some supplemental activities as opportunities come up or as weather, space, or circumstances dictate.

PE Instruction

Instruction during the course of the year will be from a number of sources such as: teacher instruction, in classroom video instruction, specialized instructors, and student peer instruction.

PE Clothing

HCA Phys Ed shirts and shorts must be worn during all PE classes at school. Gym Strip may be purchased for \$20 per shirt or short from the Phys Ed Office. Payments can be made with cash or cheque made out to HCA only please. Students must also have appropriate footwear such as cross trainers, running shoes, court shoes, or basketball shoes. Other clothing such as sweat pants, hoodies, sweaters, or jackets may be worn as appropriate for the unit and weather conditions and as permitted by the teacher. Students without proper gym clothing need to rent a pair of 'extras' for \$1 each from the Phys Ed Office, the rented clothing must be returned immediately after class for laundry. Each student will be granted one excusal from the rental fee.

PE Equipment

Helmets or other equipment supplied by students may be required for some activities. Any jewelry must be removed before activities begin. It is the student's responsibility to leave jewelry and other valuable items in a safe place.

PE Procedures

For students who are ill or injured, a note must be brought from parents excusing the student from the activity. For non-participation for more than 3 classes, you will need a note from a family doctor. In most cases of injury, only a reduction in participation is needed, for example, a student with a sprained finger would be able to participate in any activities that would not require them to place any stress on the hand. Behaviour issues will be dealt with on an individual basis.

PE Off-Campus Activities and Transportation

Some of the class activities will be taking place off-campus. While every effort will be made to attend sites close to campus, there are instances that will require travel. Students are not permitted to transport one another to activity sites. The class will need to rely on busing and parents to transport students to and from activity sites. Parents wishing to volunteer to transport students other than their own children will need to fill out the proper Palliser Transportation Forms and include driver's abstract, criminal check, \$2 insurance liability. Volunteers would be appreciated.

PE Forms

The following forms must be signed by parents and returned during the first week of school. Permission and Acknowledgement of Risk Form, Medical Information Form, and Informed Consent/Permission Form for Minor tours Form.

PE 20-30 Program Rationale

The aim of the 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. There are four general outcomes upon which the Kindergarten to Grade 12 physical education program is based, they are: Activity, Benefits Health, Cooperation, and Do it Daily for Life!

General Outcome A: Skill Acquisition

Students will acquire skills through a variety of developmentally appropriate movement activities: dance, games, types of gymnastics, individual activities, and activities in an alternative environment such as aquatics and outdoor pursuits. The different types of skills include: Locomotor (walking, running, hopping), Nonlocomotor (turning, twisting, swinging) and Manipulative (receiving, catching, collecting). The acquisition of skills is interlinked with the other General Outcomes: Health Benefits, Group Interaction, and Do it Daily for Life.

General Outcome B: Health Benefits

Students will understand, experience, and appreciate the health benefits that result from physical activity. Benefits to health include: Functional Fitness which examines and incorporates nutrition programs that positively affect performance, Body image which examines the role of peers and media in self-image, and Well-Being which looks at the positive physical benefits of participation in physical activity.

General Outcome C: Group Interaction

Students will interact positively with others. Group cooperation includes: communication, fair play, leadership, and teamwork. These character traits will be developed through: learning to express thoughts and feelings related to physical activity in a respectful manner, developing etiquette and respect, practicing leadership and followership skills in a physical activity setting, and learning to work with others and contribute to a team effort positively and with respect.

General Outcome D: Leadership Lifestyle

Students will assume responsibility to lead an active way of life through: effort, safety, goal setting, personal challenge, and active living in the community. This involves: committing to an active lifestyle through participation in and out of class, following rules and procedures, warming up and cooling down, awareness of first aid principles, establish goals to maintain participation for life, and investigating community activity programs for all ages.

PE 20-30 Assessment

General Outcome A: Skill Acquisition	20%
Unit Peer Skill Observations (10 Observations)	(10%)
Unit Written Rules Tests (10 Tests)	(10%)
General Outcome B: Health Benefits	30%
Fall Fitness Testing (1day)	(10%)
Winter Fitness Testing (1 day)	(10%)
Spring Fitness Testing (1 day)	(10%)
General Outcome C: Group Interaction	30%
Daily Participation Observations (10 months)	(30%)
General Outcome D: Leadership Lifestyle	20%
Personal Training Log (10 months)	(10%)
Volunteer Log (10 hours)	(10%)

COURSE RESOURCES 2023-2024

Resources

Various handouts and online resources will be used throughout the year, as well as access to outdoor facilities. Personal student equipment such as Helmets, Tennis Racquets, Golf Clubs, and so on may be used.

Literacy Plan

The F&P data when released in October will be used to help identify students who will need extra help with reading and vocabulary should this be necessary for any portion of the class. Goals or accommodations may be included in IPP's. Careful attention will be given to definition of terms used in the course through classroom discussion and review sheets.

Christian Discipleship Plan

This course will be taught from a Christian perspective and as topics are covered that show God's intention for physical, emotional, mental and other types of wellness, class discussion and participation will be incorporated on how this supports a Biblical world view of God as the Creator and the Author of our beings.