

PHYSICAL EDUCATION 20/30

Mr. M Cherney

COURSE OUTLINE 2025-2026

Flag Football/Golf	6(8 1 st DAY-FR) Classes	6(8) School Days	September
Ultimate Frisbee	9 Classes	9 School Days	October
One Wall Handball/Wall Climbing	7 Classes	7 School Days	November
Broomball/Floor Hockey/Bowling (?)	6 Classes	6 School Days	December
Curling	2 Classes	2 School Days	January
European Team Handball	6 Classes	6 School Days	February
Traditional Team Sports/Scuba (?)	6 Classes	6 School Days	March
Soccer	8 Classes	8 School Days	April
Tennis/Pickleball	8 Classes	8 School Days	May
Slo-Pitch	3 Classes	3 School Days	June
	61(63) Classes	61(63) 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 2025-2026

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 by cash or cheque (payable to HCA). 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 excused day from the rental fee (the first rental day).

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

Missed participation due to injury or illness will be handled on a case-by-case basis taking into account the nature of the injury or illness and may result in a reduced participation mark. If the student is in school, an appropriate level of participation will be encouraged, such as walking or not taking part in some aspects of the class while participating in other parts of the class or assisting with equipment without a reduction in participation mark.

PE Off-Campus Activities and Transportation

Some of the class activities will be taking place off-campus. For such activities the class will be using rented school busses. Parents may volunteer as chaperones provided the necessary forms have been filled out with the office.

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 2025-2026

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.

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.

Executive Functioning Skills

Numeracy will be engaged in this course through flexible thinking as students face a number of different scenarios where they will need to adapt learned skills to new situations in games and play. In addition, **Literacy** will be addressed through impulse control will be emphasized as students learn to manage emotions and decision-making skills when interacting with other students in all kinds of game situations.