



2019-2020 Physical Education 9 Course Outline
Springbank Community High School

Teacher: Mr. Nic Wong
Office Hours: By Appointment

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Room: Main Gym, Aux Gym (Rm 150), 1034

Acknowledgement of Traditional Indigenous Territories

We would like to take this opportunity to acknowledge the traditional territories of the Blackfoot and the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikuni, the Kainai, the Tsuut'ina and the Stoney Nakoda First Nations, including Chiniki, Bears paw, and Wesley First Nation. Treaty 7 is also home to Métis Nation of Alberta, Region III.

Course Description: *Physical Education*

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skill, and attitudes necessary to lead an active, healthy lifestyle.

Course Objectives:

- 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; e.g., aquatics and outdoor pursuits.
- Students will understand, experience, and appreciate the health benefits that result from physical activity.
- Students will interact positively with others.
- Students will assume responsibility to lead an active way of life

Summative Assessments:

Individual Units of Sport/Play (65%)

Each unit of sport/play will be subdivided into 3 evenly weighed categories and assessed based on both student and teacher inputs according to a rubric. The categories consist of:

- Effort – attendance/punctuality, appropriate gym attire, participation
- Attitude – leadership, respectfulness, sportsmanship
- Skill – improvement, performance, consistency

Fitness/Warm Up (15%)

Students will spend the first 15 minutes of class either engaging in individual or group led warm up. Participation and leadership in this portion counts for their individual grades.

Health and Life Skills (20%)

A combination of assignments and test that will be used to teach and assess the Alberta Health Curriculum. These will be subcategorized into 4 units (2 each semester) – Sexual Health Education, Nutrition, Drugs and Alcohol, and Emotional/Relationship Wellness.

Student Expectations:

- Be on time, in appropriate gym attire (changed 5 mins after the bell)
- Must have teacher's permission before leaving the gym

- Let the teacher know if you are injured
- A parent note is required if an injury prevents you from participating in an activity. A doctor's note is required to be exempted for an extended period (2 or more days).
- Pay attention during instruction
- Treat all equipment and each other with respect
- No swearing, food, gum, or drink allowed in the gym or fitness centre
- Keep jewelry, wallets, phones, and watches off while in class
- Remain in the gym till the bell even after getting changed
- Bring your best effort and attitude everyday

Resources:

Attire

- Indoor **AND** outdoor shoes
- T-shirt, shorts etc. (SCHS gym shirt available for purchase)
- Weather appropriate layers for activity e.g., sweats, hoody, rain jacket

Google Classroom

Google Classroom would be used for in-class health modules.

Class Website

<https://teachermnic.wixsite.com/schs>

Course Overview

Below is a tentative overview of this course. This schedule is subject to change based on the learning needs of the class and teacher discretion.

Date	Unit
Week 1 – 2	Introduction, Course Outlines Indoor/outdoor games
Week 3	Soccer
Week 4	Phoenix Challenge
Week 5	Fitness
Week 6 – 7	Volleyball/Stunts
Week 8 – 9	Stunts/Basketball
Week 10 – 11	Health – Sexual Healthy Education
Week 12	Netball
Week 13	Circuit Training

Week 14	Dance
Week 15 – 16	Health – Nutrition
Week 17 – 18	Winter Break
Week 19	Handball
Week 20	Tchoukball
Week 21	TBD

Late Assignment Policy

All assignments are expected to be completed by the assigned due date and submitted to the instructor at the beginning of that class, unless otherwise indicated by teacher. Because homework is such a valuable learning tool, if a student is unable to complete a homework assignment on time, the student has up to one (1) school week to submit the late work or until the teacher has graded and handed back assignments. After this time, a grade of zero (0) will be used as a placeholder until the assignment is completed and handed in. If the teacher has graded and returned assignments, the teacher will use their discretion to consider accepting the late assignment or requiring the completion of an alternate assignment, this is done to uphold the integrity of the assignment and to ensure all work being completed is that of the student.

Academic Misconduct

Academic misconduct can include: cheating, plagiarism, intent to act with dishonesty, etc. Any activity that is contrary to SCHS’s academic policies will be dealt with immediately. The punishment for the infraction will match the offence. All consequences will be completed on the student’s own time outside of class. Chronic or severe misconduct will be immediately brought to the attention of the administration for further disciplinary action and in some cases a score of zero will be given.

Test Attendance

In the event of an absence on a test day (both written and multiple choice), the test must be written on the Friday afternoon following the missed date. However, a parent must directly contact the teacher by telephone to excuse the absence, on the day of the absence, in order for the exam to be graded. If a student repeatedly misses assessment days, the student will be referred to administration. Exam extensions will be dealt with on a case by case basis.

Controversial Topics

As part of its very nature, Health asks its students to investigate and address a number of topics that might be considered controversial. These topics may include, but are not limited to: relationships, sexual health, emotional wellness and youth justice issues. All students should approach these topics with the maturity and empathy expected of the entire SCHS community. Bigotry and intolerance have no place in our classrooms, and will not be allowed at any time. Students are expected to act and respond with integrity at all times.

How will we RISE as...



Responsibility

- At all times, you are responsible for your own effort and attitude and how you interact with others. Always treat classmates, staff, and our learning space with respect.

Integrity

- Be someone who is worthy of trust and admiration.
- Work submitted as your own must be created entirely by you.
- Credit others where credit is due: this includes citing information used in your work and also crediting and thanking those who help you on your way.

Strength

- One of the best ways to learn is to fail. Embrace this, learn, and try again.
- This building is full of caring people. Seek help and support when you need it – from friends, teachers, and counsellors.
- Understand that we all experience stress and problems. How we deal with them and overcome them demonstrates strength in our character.

Excellence

- Excellence can never be achieved without a foundation of responsibility, integrity, and strength.
- Excellence is PERSONAL. Your personal excellence may look very different than another person's. Set realistic goals and strive to meet them.

Tear here

Parents/Guardians please complete the following and have it returned as soon as possible.

Student name:

Parent/Guardian names:

Preferred method of contact (please circle):

Email

Phone call

Parent/Guardian Contact information:

(email)

Please indicate the best way to reach you

(phone)

Comments:

Parent/Guardian Signature:

Student Signature: