

Grade 10 Physical Education and Health Course Requirements

1. STUDENT UNIFORM:

- P.E. t-shirt, P.E. shorts, and or P.E. pants
- personal hygiene items for a shower (towel, shampoo, deodorant, socks, and underwear)
- inside and outside shoes...sandals are not acceptable.
- your shorts must be worn around your waist...not your butt.

NO UNIFORM = NO PARTICIPATION = REDUCED MARK

2. COURSE OUTLINE:

Formative Evaluation (70%)

Knowledge and Understanding (K/U) 15%

- Health: Unit 1 *Decision Making and Goal-Setting
*Substance use and Abuse
*Healthy Growth and Sexuality

Unit 2 * Physical Fitness
*Healthy Eating

You will be evaluated by written tests, notebooks, assignments, and presentations. Portions of your written tests (ie. badminton/volleyball) also may be used in K/U.

Application (App) 50%

*Active participation/Safe Practices 30%

- participate actively, demonstrate positive personal and social behaviour, apply appropriate guidelines and procedures for safe participation in physical activities

* Physical Fitness 10%

- demonstrate improvement in personal health-related physical fitness

* Movement Skills 10%

- demonstrate development of movement skills in a variety of physical activities
- apply movement principles to refine movement skills

A copy of the rubric that will be used to assess participation, safety and physical activity will be provided

Communication (Com) 5%

- Physical Activity / Active Living - Written tests during phys ed units

Summative Evaluation (30%)

Application 15%

- Movement Skills 6%
- Sport Game Strategies 4%
- Fitness -(Worksheets, Appraisals) 5%

Communication 5%

- Movement Skills 2%
- Health Concepts/Living Skills (Decision Scenarios) 3%
-

Thinking / Inquiry 10%

- Fitness (Reflection Assignment)