

# Grade 9 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%)

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.

Knowledge and Understanding (K/U) 15%  
- Health: Unit 1 \*Decision Making and Goal-Setting  
\*Conflict Resolution  
\*Personal Safety and  
Injury Prevention

Unit 2 \*Healthy Growth and Sexuality

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.

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%
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Thinking / Inquiry 10%

- Fitness (Reflection Assignment)