**Physical and Health Education 9 Course Outline**

**Welcome to PHE 9.** This course is designed to improve the student's understanding of exercise, physiology and muscular anatomy, as well as healthy communication and healthy living. The course includes a study of physical education involving body movement and critical thinking, circuit training programs, nutrition, as well as care and prevention of injuries.

Students will develop their own goals for the year: each students’ goals will be personalized. Students will record individual short and long-term goals which will be reviewed at the end of each term. This will allow students to re-evaluate programs and to re-focus on what each individual’s goals are, and how they plan on meeting their individual goals. Students will record a baseline for fitness testing. The goal will be to continually improve their fitness testing scores each testing period.

It is expected that over the course of the semester students will apply themselves to achieve a number of prescribed learning outcomes as well as completing all course material and assignments to the best of their ability.

Students are expected to attend every day; come in with a positive attitude; ready to work hard.

Course Breakdown

* Course Work: **80%**

(Term 1, 2, 3 – Cumulative)

* + - Participation (Active Participation, Positive Attitude) 50%
    - Fitness Testing Documentation (1 per term) 10%
    - Attendance (Lates, Absences, Strip) 20%
    - Knowledge (Goal Documentation, Quizzes, 20%

Techniques)

* Final Assessment (Fitness Testing, Goals): **20%**

Course Objectives:

* Understand the science of physical education
* Recognize exercises that develop certain muscles groups
* Understand fitness safety
* Demonstrate proper technique in a variety of activities
* Develop an understanding of and appreciation for lifetime fitness & personal wellness
* Be exposed to and participate in a variety of conditioning activities
* Increase self-esteem and athletic performance
* Create goals, long and short term
* Analyze fitness results and goal progression

Content**:**

Big Ideas

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| Theme | Specifics |
| Physical health & well-being | * Development of physical literacy * Understanding of body movements required in both sport and life * Ways to improve physical health * Development of motor skills * Development of sport and activity based skills * Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments |
| Mental health & well-being | * Describe and assess strategies for promoting mental well-being, for self and others * Create and assess strategies for managing physical, emotional, and social changes * Describe and assess strategies for managing problems related to mental well-being and substance use, for others |
| Nutrition | * Develop strategies for promoting healthy eating choices in different settings * Assess factors that influence healthy choices and their potential health effects * Assess marketing and advertising tactics aimed at children and youth, including those involving food and supplements |
| Anatomy | * Understand the basics of the human anatomy * Understand how specific muscles and muscle groups work * Develop an understanding of personal anatomy |
| SMART goal setting | * S: specific * M: measurable * A: attainable * R: relevant * T: time-bound |

Course Expectations

Students have been asked to be prepared for every class and are encouraged to participate in every class. This means that attendance and gym strip are not only encouraged but essential for good participation in physical education classes.

Gym Strip:

Course requirements call for student to participate in gym strip.  Appropriate gym strip is T-Shirt, shorts, socks, suitable running shoes, and sweat pants/tops when necessary.  Inappropriate gym strip WILL NOT be accepted by the PE department (a ~4% loss of mark per class).

Inappropriate strip includes, but is not limited to: sleeveless shirts, spaghetti strap tops, offensive clothing, ripped or torn clothes, Crocs, sandals, casual shoes, dress shoes, etc.

PE strip MUST be a change of clothes: not the same thing you wore to school (keep it in your locker so you don’t forget it)

Classwork:

Homework is due on the date assigned by the teacher. All assignments are due at the beginning of class. Should students be absent from class due to illness, it is the student’s responsibility to make contact with the teacher as soon as possible to discuss missed work. Students are encouraged to contact a classmate or the teacher in order to be informed of missed work. Failure to do so can result in missed learning outcomes, and the possibility of receiving a grade of zero for all the assignments missed.

Per term, each student’s lowest two scores for homework/participation will be omitted

Participation/Excuses

* Every student is expected to participate in all activities throughout the year. Excuses must be accompanied with a parent note or doctor’s medical note. Students with lengthier excuses may be asked to participate in physical ecuation in an alternative way such as written assignments, etc. Excuses should state the following:
* Student’s full name, date and reason for the excuse
* Duration (dates) of the absence
* Type of restriction(s).  ie. Broken leg

Classroom Expectations

**Phones are NOT to be in the gym. WGSS PE guidelines prohibit the use of cell phones during PE classes. Leave phones in lockers or somewhere safe, to avoid temptation of using it in class**

Students caught using their phones will be asked to leave the class and have to make the class up at a later date

Appropriate behaviour is expected in the gym: it can be dangerous to all involved to fool around inside the gym. Students who fail to adhere to this rule may be removed from the class or sit out on activities

Treat others as you wish to be treated, we are all together for the year, so keeping friendly with everyone else will make it easier and more fun for all – bullying will NOT be accepted in this classroom

Never leave the gym/classroom without first informing the teacher.

When we go outside, we are to be quiet and respectful of other classes still in session.

When returning from outside, any dirt or mud MUST be smashed off of shoes OUTSIDE. Making a mess in the change room will have privileges taken away.

Teacher Information

Mr. Adam Salter

Email: [asalter@sd35.bc.ca](mailto:asalter@sd35.bc.ca) Classrooms: PE Office / Rm. 127 / Rm. 167

Office hours: (subject to change)

Before school: Monday – Friday 8:00 – 8:20

After school: Monday – Friday 2:44 – 3:15