



GRADE 6-9 PHYSICAL EDUCATION

Program Outline

Teacher: Mr. P. Wheeler

Year: 2020-2021

Physical Education fosters personal and community wellness by empowering students to attain healthy, lifelong attitudes and behaviors through physical activity as part of the total educational experience.

General Curriculum Outcomes

Moving and Doing:

- Perform efficient, creative and expressive movement patterns consistent with an active lifestyle.

Understanding and Applying:

- Demonstrate critical thinking and creative thinking skills in problem posing and problem solving relating to movement.
- Assess attitudes and behaviors during activity in relation to self, the class, the school and the community.

Cooperation and Responsibility:

- Demonstrate socially responsive behavior within the school and community.
- Show personal responsibility for the social, physical and natural environment during physical activity.
- Exhibit personal development, such as positive self-esteem, self-responsibility, leadership, decision-making, cooperation, self-reflection and empowerment during physical activity.

Activity Themes:

The Intermediate Physical Education is designed around six activity themes which provide varied movement experiences and Active Living opportunities. Below are some examples of each of the six themes; activities will vary depending upon factors such as time, weather, equipment availability, group interest, etc.

1. **Alternative Activities:** Track and Field, Yoga, Cultural/Traditional Games
2. **Court and Field Activities:** Racquet Sports, Basketball, Soccer, Flag Football, Volleyball, Ultimate
3. **Fitness Activities:** Aerobics, Circuit Training, Core Training, Fitness Testing, Walking
4. **Leadership/Cooperative Activities:** Adventure Games, Cooperative Games, Team Challenges
5. **Outdoor Activities:** Cross Country Running, Hiking, Geo-Caching, Snowshoeing, Alpine Skiing
6. **Rhythmic Activities:** Dance (i.e. line-dance, Zumba, traditional), Skipping

EXPECTATIONS:

- Students are expected to be properly dressed for physical education to allow for comfort and flexibility while participating and to allow for general personal hygiene. Students who are not dressed for class are expected to inform the teacher; the teacher will make a judgment as to whether or not it is excused or unexcused as it may affect the students' grade.
- **Appropriate gym wear** would be shorts, or athletic pants, and a T-shirt. Indoor athletic shoes, which are clean, are a must. Sneakers that leave floor marks, or non-athletic footwear, will not be allowed. Shirts and shorts must adequately cover the body for safety and modesty concerns. Appropriate outdoor clothing would be expected during an outdoor activity class.
- Students may be excused from participation for medical reasons providing that they submit a note from their parents/guardian. Extended illness (3 days or more) requires a medical note from a doctor.
- If classes are held outdoors, students are to dress accordingly (students will be notified in advance if classes are held outside the gymnasium).
- Absolutely no eating or gum chewing will be permitted during class time.
- Long hair should be tied back and all jewelry must be removed. Please make sure that you store all valuables in a safe and secure place.
- Respect and encourage one another. Bad-mouthing, nagging, put-downs, inappropriate aggression, and other unsportsmanlike behavior is not acceptable.

Assessment and Evaluation:

A student's grade reflects the extent to which curricular outcomes have been achieved, and it is based upon **active participation** in the various activities. The evaluation is personal and specific to the individual allowing every student the opportunity for personal success.

Evaluation Breakdown

Moving & Doing - 50%:	This aspect involves the actual <u>active engagement</u> in activities; it is the main determinant of a student's success and the focus of this criterion. (25% of this section is devoted to Health and Fitness)
Understanding & Applying – 25%:	This aspect assesses the <u>knowledge</u> a student <u>acquires and applies</u> through movement in the various activities and games.
Cooperation & Responsibility – 25%:	This aspect assesses the <u>personal and social behaviours</u> demonstrated by the student through participation in the various activities.

Curriculum Document:

The Department of Education and Early Childhood Development curriculum document for physical education can be found at: <https://www.gov.nl.ca/education/k12/curriculum/guides/physed/#intermediate>