

Course: **Grade 10 Physical Education**

Teacher: Mrs. O'Neil

Room: 114

E-mail: moneil@emsb.qc.ca

Texts/workbooks:

Course description: Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities throughout the year 2 out of 7 days.

	TERM 1 (20%)	
<i>Competencies Targeted</i> Competency 1 = Performs movement skills in different physical activity settings. Touch Football, softball and Soccer Competency 2 = Interacts with others in different physical activity settings. Touch Football, softball and Soccer Competency 3 = Adopts a healthy, active lifestyle. Fitness	<i>Evaluation Methods</i> Participation, game evaluation, individual skill assessment, quizzes, fitness testing	<i>Timeline</i> Every class
	TERM 2 (20%)	
Competency 1 = Performs movement skills in different physical activity settings. Badminton and Volleyball Competency 2 = Interacts with others in different physical activity settings. Touch Football and Soccer Competency 3 = Adopts a healthy, active lifestyle. Fitness	Participation, game evaluation, individual skill assessment, quizzes, fitness testing	Every class
	TERM 3 (60%)	
Competency 1 = Performs movement skills in different physical activity settings. Basketball, Handball, Ultimate Frisbee Competency 2 = Interacts with others in different physical activity settings. Basketball, Handball, Ultimate Frisbee Competency 3 = Adopts a healthy, active lifestyle. Fitness	Participation, game evaluation, individual skill assessment, quizzes, fitness testing.	Every class

END OF YEAR RESULT									
Term 1 20%	+	Term 2 20%	+	Term 3 60%	=	100%			

Additional Information / Specifications

- All students are expected to participate in all classes. A medical note must be provided for a student to be excused from participation in physical education class due to illness or injury. Evaluation in physical education is ongoing. It occurs every class.
- Students should arrive to P.E. class wearing the proper gym uniform (including dress-down days – Royal West burgundy t-shirt, Royal West grey shorts, socks and athletic footwear. Athletic footwear needs to have laces, cannot be all black, and slip-on shoes are not acceptable. Nylons and tights are not permitted.
- Hair must be properly secured. No jewellery.
- Only RWA sweatshirts and sweatpants are permitted for outdoor classes.
- Eating and chewing gum is not permitted during Physical Education class.
- Use the schoollock to secure your belongings in the locker room during P.E. class.
- Failure to comply with the above listed specifications will be reflected in the student's mark.

Remediation Schedule

Day 1 & 7

Time: Lunch

I will be available on days 1 and 7 at lunch in the New Gym office.

Parent Signature: _____

Student Signature: _____