

Course: **Grade 10 Physical Education**

 Teacher: **Mr. Lapierre**

 Room: **310/Gyms**

 E-mail: **wlapierre@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. Individual skill evaluations Competency 2 = Interacts with others in different physical activity settings. Team sports 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. Individual skill evaluations Competency 2 = Interacts with others in different physical activity settings. Team sports 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. Individual skill evaluations Competency 2 = Interacts with others in different physical activity settings. Team sports Competency 3 = Adopts a healthy, active lifestyle. Fitness | Participation, game evaluation, individual skill assessment, quizzes, fitness testing. | Every class |

END OF YEAR RESULTS

| 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. Students will be expected to remain in the gymnasium and will not be excused to the library unless it is required by a doctor. Evaluation in physical education is ongoing. It occurs every class.
- Students should arrive to P.E. class wearing the proper gym uniform – Royal West burgundy t-shirt, Royal West grey or blue shorts, socks and athletic footwear. Athletic footwear needs to have laces. Slip-on shoes are not acceptable. Phys Ed shoes must not be all black. Nylons and tights are not permitted. **The regular PE uniform must be worn on Dress Down Days.**
- Hair must be properly secured. No jewellery.
- Only RWA sweatshirts and sweatpants, including ECA apparel, are permitted for outdoor classes.
- No eating, nor chewing gum in the gym.
- Please purchase and use a lock 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 at 07:50 and Day 4 at 12:30

Parent Signature: _____

Student Signature: _____