

Course: **Grade 10 Physical Education**

Teacher: Mrs. O'Neil

Room: 114

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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%) | |
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| <p><i>Competencies Targeted</i></p> <p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p> | <p><i>Evaluation Methods</i></p> <p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p> | <p><i>Timeline</i></p> <p>Every class</p> |
| | TERM 2 (20%) | |
| <p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p> | <p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p> | <p>Every class</p> |
| | TERM 3 (60%) | |
| <p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p> | <p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing.</p> | <p>Every class</p> |

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

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| Additional Information / Specifications |
| <ul style="list-style-type: none"> • All students are expected to participate in all classes. A medical note must be provided for a student to be excused from participation in Phys Ed 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 – Royal West burgundy t-shirt, Royal West grey shorts, socks and athletic footwear. Athletic footwear needs to have laces, 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. • 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. |

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| Remediation Schedule | |
| Day | Time |
| I will be available on days 1 and 3 at lunch in the New Gym office. | |

Parent Signature: _____

Student Signature: _____