Course: **Grade 10 Physical Education**

Teacher: Mr. Lapierre Room: 311/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%)	
Competencies Targeted 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	*Evaluation Methods* Participation, game evaluation, individual skill assessment, quizzes, fitness testing	*Timeline* 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 and individual 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 and individual 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 shorts, socks and athletic footwear. Athletic footwear needs to have laces, slip-on shoes are not acceptable. 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. **Suspended until we are permitted to use the locker rooms.**

Remediation Schedule	
Day	Time
I will be available on day 1 at lunch in the	

Parent Signature:_____

Student name (please print):_____

Due to COVID-19, there are many unknowns as to how the 2020-21 school year will unfold. The information on this outline may need to be modified as the year progresses. The goal of any changes that are made will be to maximize student success.