

Course: Grade 10 Physical Education

Location: 119 (and 114/115 & 102)

Teacher: Mr. Aiken (raiken@emsb.qc.ca)

Remediation: Days 5 & 6 in 119 @ lunch

Course Description: *Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities. Frequency is 2 on 7 cycle days.*

	TERM 1 (40%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing.	<i>Timeline</i> Every class.
	TERM 2 (60%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing.	<i>Timeline</i> Every class.

Progress reports will be issued in November & April

END OF YEAR RESULT: *Term 1 (40%) + Term 2 (60%) = 100%*

Additional Information:

- **All students are expected to participate in all classes.** A doctor's medical note must be provided for a student to be excused from participation in P. E. class due to illness or injury. Evaluation in P. E. is ongoing; it happens 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. Shoes need to have laces and provide adequate support. Nylons and tights are not permitted. RWA sweatshirts and sweatpants are permitted for classes. **Please mark students' names on clothing tags, as every year items go missing.**
- The regular P.E. uniform is expected for class on "dress down" days.
- Our locker rooms are available for students to get changed before and after class. There will be sufficient time allotted, at the teacher's discretion. Students may come to school in their P.E. uniform on cycle days that P.E. is their first period class.
- For safety purposes, hair must be properly secured. Most jewellery must be taken off for classes.
- No eating or chewing gum in the gyms.
- Water fountains will be available to students. Bringing one's own water bottle is encouraged.

*** Due to current unknowns, the 2021-22 school year may unfold differently. The information on this outline may need to be modified as the year progresses. Rest assured that any changes made will be done so to reflect what is felt to be best to maximize student success. ***