

Course: Grade 10 Physical Education

Location: 119 & 115

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

Remediation: Days 3 & 5 after school in 115

**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 (20%)	
<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>  <b>Participation</b> , game evaluation, individual skill assessment, quizzes, fitness testing.	<i>Timeline</i>  Every class.
	TERM 2 (20%)	
<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>  <b>Participation</b> , game evaluation, individual skill assessment, quizzes, fitness testing.	<i>Timeline</i>  Every class.
	TERM 3 (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>  <b>Participation</b> , game evaluation, individual skill assessment, quizzes, fitness testing.	<i>Timeline</i>  Every class.

*Progress reports will be issued in October*

**END OF YEAR RESULT: Term 1 (20%) + Term 2 (20%) + Term 3 (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 or blue 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!**
- 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. **Locks are strongly recommended**; they must be removed at the end of each 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.*