

EAGLE HIGH SCHOOL
DEPARTMENT OF PHYSICAL EDUCATION
COURSE INSTRUCTION PLAN

Darryl Smith PE 10/20/30



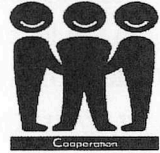

COURSE PHILOSOPHY AND OBJECTIVES

In this class the philosophy of Physical Education is towards the development of the whole individual (physical, emotional and social skills) through physical activity with others. If full participation by the student can be achieved this will lead to increased knowledge, skill and fitness within the activity and hopefully motivate the student to participate in physical activity on a lifelong basis.

This Physical Education class is based on the **PROGRAM OF STUDIES** published by the Alberta Department of Education and will follow it to the extent that facilities, equipment and personnel will allow. Rather than placing too much emphasis on any one aspect of the program, a balanced and varied course will be offered.

The goals of the Physical Education program are to promote:

- **Health, an active lifestyle, skill development, positive interactions, self-confidence, goal-setting and academic achievement.**

 <small>Activity</small>	<p>General Outcome A: Activity</p> <p><i>Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g. aquatics and outdoor pursuits</i></p>
 <small>Benefits, Health</small>	<p>General Outcome B: Benefits Health</p> <p><i>Students will understand, experience and appreciate the health benefits that result from physical activity</i></p>
 <small>Cooperation</small>	<p>General Outcome C: Cooperation</p> <p><i>Students will interact positively with others</i></p>
 <small>Do it Daily...For Life</small>	<p>General Outcome D: Do it Daily...For Life</p> <p><i>Students will assume responsibility to lead an active way of life. The use of icons on school related materials, to advocate for and communicate about the program, is appropriate.</i></p>

STUDENT EVALUATION

A. PHYSICAL SKILLS	15%
B. FITNESS	15%
C. KNOWLEDGE AND UNDERSTANDING	15%
D. <u>PARTICIPATION</u>	<u>55%</u>
E. TOTAL	100%

These items and their weight make it possible for an individual of average physical skills to obtain an "EXCELLENT" grade if he/she is superior in other areas. This type of evaluating procedure helps prevent the over stressing of athletic ability and therefore promotes participation among students of all levels.

Evaluation in each of these areas includes the following:

- A. **PHYSICAL SKILLS:** marks will be assigned subjectively through observation of the individual and each skill will be graded on a scale from zero to five.
- B.

Grading Scale

- 0 – no effort made
- 1 – definitely require improvement
- 2 – needs some improvement
- 3 – good skill
- 4 – achievement is very good
- 5 – superior achievement

- C. **FITNESS** – Standardized tests will be used such as (Cooper 12-minute run, Tobata workout, Fitness Circuit, Beep Test, Guess the Mile, and Heiden Workout) may be used during the term. Marks will be given according to the level of fitness and improvement achieved. Students will also Self Evaluate using the rubrics set out in the class for fitness. *NOTE: If a student is absent for a fitness testing period, there will be an opportunity for students to make up their fitness test. At the end of each month students will be permitted the opportunity during TAG to make up for their missed fitness test. The missed fitness must be made up in the next available fitness make slot. Students will not be permitted to miss multiple fitness tests and then make*

EBHS Department of Physical Education Fitness Rubric

<p>Excellent 9 – 10</p>	<p>Students always demonstrate an outstanding level of effort during fitness activities. * Continuous visible outstanding effort. Encourages others to do their best as well.</p>
<p>Good 7 – 8</p>	<p>Students often demonstrate an outstanding level of effort during fitness activities. * Works well in class on all fitness activities. Occasionally lowers participation effort</p>
<p>Average 5 – 6</p>	<p>Students often demonstrate an average level of effort during fitness activities. * Student displays mediocre effort in fitness activities, only runs or hustles when they choose to or when the teacher is monitoring</p>
<p>Poor 3 – 4</p>	<p>A student sometimes demonstrates an average level of effort during fitness activities. * Student consistently walks during activities and goes through the motions during activities.</p>
<p>Very Poor 3 or less</p>	<p>Students display consistent inappropriate behaviour and demonstrate a lack of desire toward fitness activities. * Excessive socializing, off task, fooling around, interferes with others. Famous quotes: "I'm bored", "I can't", "This isn't fun."</p>

D. **KNOWLEDGE AND UNDERSTANDING** - knowledge and understanding will be observed subjectively during physical education units (how well students understand the games rules, etc.). Also, there may be unit tests at the end of various units. There will be a written final at the end of the course.

E. **PARTICIPATION AND SOCIAL SKILLS** – students will be evaluated in the following categories – being prepared, on time, interaction with other classmates, sportsmanship, and overall effort.

EBHS Department of Physical Education Participation Rubric

<p>Excellent</p> <p>9 – 10</p>	<p>Encouraging and supporting others, leadership skills, acceptance of others, volunteering, outstanding attitude, above average participation and effort.</p> <ul style="list-style-type: none"> ● Always helps, promotes equal playing time through example, always makes positive comments toward teammates, hustles all the time, above average sportsmanship
<p>Good</p> <p>7 – 8</p>	<p>Attention and emotional control, positive attitude, display of fair play skills, appropriate competitive behavior, cooperative and shows respect for others.</p> <ul style="list-style-type: none"> ● Works/plays hard most of the time. Helps occasionally
<p>Average</p> <p>5 – 6</p>	<p>On and off task, adequate in areas of attitude, effort and participation.</p> <ul style="list-style-type: none"> ● Mediocre sportsmanship only likes to hustle in the “fun” activities, good effort only when teachers are watching. ● Famous Quotes: “Do we have too.” “How come we don’t get to do what other classes are doing?”
<p>Poor</p> <p>3 – 4</p>	<p>Lack of attention in areas of attitude, effort and participation</p> <ul style="list-style-type: none"> ● Poor sportsmanship, does not sub off, complains about teammates or team, does not help, goes through the motions, and participates only when they feel like it. Numerous excuses, absences and lates. Is disruptive for substitute teachers. ● Will use extra-curricular as an excuse to avoid participation ● Complains about partners and teammates when working with students that are non-athletic students
<p>Very Poor</p> <p>3 or less</p>	<p>Inappropriate behavior, Nonparticipation, truant, has been removed from class, unexcused absents, lates.</p> <ul style="list-style-type: none"> ● Excessive socializing, off task, fooling around, interferes with others. ● Always disruptive for substitute teachers. ● Famous quotes: “I’m bored”, “I can’t”, “This isn’t fun.” ● Non-participation, truant

DRESS REGULATIONS:

Physical Education is a required course set down by the Department of Education. All students should be appropriately dressed for participation in class (proper trainers, shorts and/or sweats, t-shirt and/or sweatshirts, socks). Students in the 20 and 30 levels will be required to bring clothing for outdoor participation. They will be notified well in advance when they need such attire. Failure to be prepared will result in a "0" due to the fact students will not be able to make up the activity due to its nature.

Note: It is suggested that students bring their own water bottle to class. Water only, no other drinks permitted!

POTENTIAL ACTIVITY LIST

<u>PE 10</u>	<u>PE 20</u>	<u>PE 30</u>
BADMINTON BASKETBALL BOWLING LAWN BOWLING CURLING DANCE FITNESS RUGBY RUNNING SKATING GYMNASTICS LACROSSE LOW ORGANIZED GAMES TRACK AND FIELD VOLLEYBALL WRESTLING A COMBINATION OF FIELD GAMES- Football, Soccer, Rugby, Speedball, etc!	BADMINTON BASKETBALL BIKING BOWLING LAWN BOWLING CURLING DANCE FIELD GAMES FITNESS GYMNASTICS RUNNING SKATING LACROSSE LOW ORGANIZED GAMES RUGBY *SNOW SHOEING *CROSS COUNTRY SKIING TRACK AND FIELD TENNIS VOLLEYBALL WRESTLING *ZIPLINING Note: The starred activities will only be completed if the group dynamics and timing allow for the activity to occur. <u>Some these activities will require students to pay additional user fees!</u>	BADMINTON BASKETBALL BIKING BOWLING LAWN BOWLING CURLING DANCE FIELD GAMES FITNESS GYMNASTICS LACROSSE LOW ORGANIZED GAMES RUGBY RUNNING SKATING *SNOW SHOEING *CROSS COUNTRY SKIING TRACK AND FIELD TENNIS VOLLEYBALL WRESTLING *SCUBA DIVING *WALL CLIMBING Note: The starred activities will only be completed if the group dynamics and timing allow for the activity to occur. <u>Some these activities will require students to pay additional user fees!</u>

