

GRADE 10

PHYSICAL EDUCATION AND HEALTH

Teacher: Mr. Penner

Required Physical Education Clothing:

T-shirt or Sweatshirt, shorts or sweats, clean dry running shoes.
No Jewelry!! No Sandals or Hats!

Class Expectations: Safety - self, others, fair play
Respect others - teacher, classmates
Respect learning environment - equipment, facilities
Support learning of others - sharing, supporting, encouraging
Effort - try hard to do your best, learn new activities
Fitness – increase your fitness level and learn to use Heart rate monitor
Be Prepared - Bring your agenda to Health, but not to the Gymnasium.
Be on time – Be ready to participate no later than 5 minutes after class starts.
Participation is required every class. Illness or injury will only be an acceptable excuse when a parent has written a note or handed in a doctor's note. If you forget your clothes, the 2nd offense in a week is a detention and third in a month is also a detention. 10 absences or not participating is a fail in the class.

Health Classes in Room 123 every Wednesday at 2 PM.

Fitness Classes on every Tuesday at 11:05 am.

Assessment Evaluation Plan is based the 5 General Learning Outcomes:



- Movement - The student will demonstrate competency in selected movement skills, and knowledge of movement development with respect to different types of learning experiences



Fitness Management - The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being



Safety - The student will demonstrate safe and responsible behaviors to manage risks and prevent injuries in physical activity participation and daily life



Personal and Social Management - The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others



Healthy Lifestyle Practices - The students will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, nutrition, substance abuse and human sexuality

Physical Education Modules

February – Basketball, Handball, Low Organized Games
March - Skating, Floor Hockey, Rhythmic Movements
April – Badminton, Volleyball,
May — Track & field Floor Hockey Low Organized Games,
June – Tennis, Flag Football, Soccer, Ultimate

Health Modules

These classes will happen every Fridays in Room E123:

February – Fitness Management
March – Mental and Emotional Development (Stress Management)
April – Nutrition
May – Substance Abuse and Prevention Human Sexuality
June - Personal and Social Development

Sports Reports:

You must submit 5 Sports reports during the semester. You may substitute a Sports report with a SCHS Game assignment or a Home game Scorekeeping assignment. Playing on a School sports team counts for all 5 if you fill out Game Playing Assignment.

Due Dates: February 23, March 23, April 27, May 25, June 15

Sports Reports:

Please answer the following questions in a 1- 2 page typed report.

1. What is the main objective of this sport?
2. What are the 10 most important rules that are necessary to play this sport?
3. Give a brief history of this sport
4. Please list 15 terms associated with this sport. Give the definition of each.
5. List 5 strategies (offensive or defensive) that are necessary in order to play this activity
6. What are 5 skills that I need to refine or improve in order to play this activity at a higher level. Describe each of these skills in detail.
7. What are some of the skills that are transferable to other sports?
8. What are 2 good ways to “warm-up” for this sport
9. List and describe 5 good stretches for this sport
10. How can this activity contribute to my physical, social, and emotional well-being?