**Physical Education & Health 9 Course Outline**

**Semester 1 (September 2022)**

**Teacher:**  A. Lanteigne  **Location:** Room 423 (Gym)

**Physical Education & Health 9/10 Curriculum Outcomes**

**DOING**

**Students will be expected to**

* Demonstrate efficient and effective movement skills and concepts
* Demonstrate a functional level of activity specific motor skills
* Demonstrate efficient and effective body mechanics
* Demonstrate an ability to cooperate with others

**KNOWING**

**Students will be expected to**

* Understand the principles and concepts that support active living
* Understand how to maintain a personal level of functional physical fitness
* Understand the importance of safety rules and procedures
* Understand the basic concepts and principles related to movement categories
* Understand basic strategies to work alone and with others to accomplish goals

**VALUING**

**Students will be expected to**

* Develop positive personal and social behaviors and interpersonal relationships
* Develop a positive attitude toward active living in the pursuit of lifelong health and well-being
* Work with others to attain group and/or personal goals

**Course Breakdown:**

**Participation- 60%**  **Attitude/Behavior/Co-operation- 10% Health Assignments- 15%**  **Fitness Tests, Daily Fitness 5 & Skills- 15%**

Students will be given the opportunity to earn up to 5 points each day towards their Participation grade (60% of final grade). One point will be given for wearing gym clothes and the remaining 4 points will be given for participating in the class that day.