

COURSE OUTLINE - PHYSICAL EDUCATION 7,8, & 9

GENERAL OBJECTIVES

- PHYSICAL FITNESS** -will be encouraged and promoted by vigorous conditioning exercises in most activities.
- KNOWLEDGE OF SPORTS & GAMES** will be taught in all areas and it will be tested. in three areas during the school year (Volleyball, Basketball, and either Badminton or Soccer).
- SKILL DEVELOPMENT** -will be stressed in most units and it will be evaluated in an ongoing, subjective manner. In some of the longer units such as volleyball and basketball, skills tested may be used if time permits.
- COOPERATION** -in both competitive and cooperative situations will be stressed. Fair play and sportsmanship will be stressed. Students will learn to work together with partners, small groups, and large groups to develop skills and play games in a cooperative manner. Students will learn that it is important to cooperate with the teacher by practicing skills and doing drills in the correct manner. This will help to maximize the learning atmosphere of the class for each student.
- CLASS INVOLVEMENT** -students will learn that skills improvement is achieved through hard work and the application of correct techniques, together with frequent practice. Students will be evaluated in this area on the basis of how consistently and conscientiously they worked in class to improve skills and physical fitness.
- RECREATIONAL ACTIVITIES** -students will learn that physical activity and recreation are important ingredients to a healthy way of life. Students will learn skills (physical, social and mental) which will enable them to participate in recreational and leisure time activities later in life.

PHYSTCAL EDUCATION COURSE OUTLINE

Unit No.	Date	Activity
1	Sept 3-Sept 19	Football Skills Country Running
2	Sept 22-Nov14	Volleyball Skills and Rules
3	Nov 17 – Dec 19	Gymnastics – mats (Floor Hockey) Games
4	Jan 5 – Mar 5	Basketball Skills and Rules
5	Mar 8 – April 16	Badminton Skills and Rules
6	April 19 – May 7	Social Dance
7	May 10 – June 4	Track & Field
8	June 7 – June 24	Softball or Soccer

EVALUATION

Rules Exam - One exam each term		25%
Skills - subjective and objective evaluation for the major units of each term		25%
Physical Involvement & Physical Fitness	-marked each class period on the basis of the amount of effort and fitness the student demonstrates	25%
Cooperation & Attitude	-marked on the basis of how well the student follows instructions and gets along with others	25%
Final Mark	-an average of the three term marks	