

ALONSA SCHOOL  
COURSE OUTLINE  
Physical Education 10F/20F  
GRADE 9/10  
Code: 0169/English  
One Credit Course  
Teacher: Michal Nogaj

The grade 10F/20F Physical Education/Health Education course is based on five general learning outcomes.

- Movement
- Fitness Management
- Safety
- Personal and Social Management
- Healthy Lifestyle Practices

The purpose of the course is to promote physical activity among students and educate them with knowledge and skills necessary to participate in healthy lifestyle through their life. Students will be able to show their skills, involvement, and physical development by active participation in healthy practices, proper and balanced nutrition, active living, substance abuse.

#### **Grade 9/10 Academic Schedule**

<b>September</b>	<b>Track and Field, Soccer, Fitness,</b>
<b>October</b>	<b>Soccer, Volleyball, Fitness, Weight Training</b>
<b>November</b>	<b>Volleyball, Floor Hockey, Court games, Fitness, Substance Abuse</b>
<b>December</b>	<b>Skating, Basketball, Court games, Weight Training, Personal Healthy Practices</b>
<b>January</b>	<b>Basketball, Badminton, Fitness, Court games, Healthy nutritional practices,</b>

#### **Evaluation**

Students will be marked based on their knowledge, progress and involvement in all five learning outcomes during and outside school hours. They are required to bring a change of clothes. It is mandatory for everyone in order to get a mark but the lack of a change of clothes does not exempt students from participation. Health classes will be once every two weeks. After completion of the Health Program there will be a knowledge test for all students.

Students will be evaluated based on the theoretical knowledge, physical skill tests as well as the engagement in physical activity throughout the length of the course. Each day their presence and participation will be marked (Scale from 1 – 4). 1 – Person is unchanged and do not want to participate. 2 – Person is changed and do not want to participate, 3- Person is unchanged but willing to participate, 4 – Student is changed and fully participates in Phys. Ed. Classes.