

# **Physical Education/Health Education Outline**

Grade 7-8

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## **Course Description**

Physical education is a time for the student to get the opportunity to participate in an intensity/ competition level that they desire while maintaining a healthy active lifestyle. While we will still be working on the fundamental (Throwing, kicking, etc.), will slowly start transiting to team sport fundamental (setting a volleyball, shooting form for basketball) and as well understanding the rules of say team sports. The students will also understand the basic understanding with Fitness and working out. With fitness stations most Wednesday. In the end, it for the student to have fun to best to their abilities. This course will contain a little bit of Health Education as well.

## **Learning Outcomes**

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

## **Course Objectives**

- Students participate in gym every day.
- Attendance regularly.
- Working on outcomes with fundamental.
- Understand the rules and play by the rules of team sports.
- Basic understanding with fitness
- To have FUN!!

## **Materials**

- **Gym Component**
  - Indoor shoes
  - Water bottle
  - Proper clothing for the gym (shorts, shirts)
  - Proper clothing for outside (sweater, coat)
- **Health component**
  - Pencils/pens
  - Paper
  - Booklet

### **Student responsibilities:**

- Students are to arrive on time for class, and to be prepared for any situation
- To participate in every class to their fullest
- Students must complete all assigned work (Health part of the class)
- Students to be respectfully to fellow classmate, teachers, property
- Students to create a positive learning environment

### **Health Component:**

Sometime in December, and the Week before spring break, there will be Health portions of Physical Education. All of the Health Component will be due at the end of the year

### **Evaluation:**

- Participation: **60%**
- Health component: **20%**
- Fundamental (Movement, right foot steps, Etc.): **20%**

### **Division Policies:**

#### **Attendance**

You are expected to attend all classes, every day. I understand that this may be nearly impossible, so you must provide notice to the school and teacher of your absence in advance whenever possible.

#### **Late Assignments**

If you fail to complete an assignment, your parents will be notified and a secondary due date will be set. Should you fail to complete the assignment by the new due date, you will receive a zero. There will be some flexibility with respect to due dates in extenuating circumstances, such as prolonged illness or a death in the family.

**PLEASE NOTE: Assignments from the beginning of the year will not be accepted days before the term ends.**

### **Academic Dishonesty**

As you may have heard already today, academic dishonesty will not be tolerated in this school. If you are asking, “What is academic dishonesty?” the answer is simple – any type of cheating. This includes (according to Wikipedia)

**Plagiarism:** The adoption or reproduction of original creations of another author (person, collective, organization, community, including anonymous authors) without due acknowledgment.

**Fabrication:** The falsification of data, information, or citations.

**Deception:** Providing false information to an instructor —e.g., giving a false excuse for missing a deadline or falsely claiming to have submitted work.

**Cheating:** Any attempt to give or obtain assistance (like an examination) without due acknowledgment.