

## **Physical Education 10F/20F Outline**

Grade 9/10

Alonsa School

Mr. Schwarz

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### **Material:**

- Pencil
- Paper
- Indoor Shoes
- Gym Clothes

### **Purpose**

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**

This 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, and learning about substance abuse.

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

<b>September:</b>	<b>Track and Field, Soccer, fitness, Health</b>
<b>October:</b>	<b>Volleyball, Low organization games, Fitness, Health</b>
<b>November:</b>	<b>Volleyball, Court games, Fitness, Health</b>
<b>December:</b>	<b>Basketball, floor hockey, Court games, Fitness</b>
<b>January:</b>	<b>Basketball, Badminton, Fitness, Health</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 change of clothes does not exempt students from participation. Each day their presence and participation will be marked down. Health will be completed throughout the year. Students will be evaluated based on knowledge, physical skills test, and as well the engagement in physical activity.

## **Percentage:**

### **Physical Education: (70%)**

- **Participation: (33%)**
- **Knowledge: (33%)**
- **Skill Test (33%)**

### **Health Education: (30%)**