

Physical Education 10-20F
Instructor: Mr. Brad Dupasquier

The grade 9/10 Physically Active and Healthy Lifestyles course is integrated and organized within five general learning outcomes.

- Movement
- Fitness Management
- Safety
- Personal and Social Management
- Healthy Lifestyles Practice

The purpose of the course, as I see it, is to educate and outfit students with knowledge and skills which will lead to a healthy lifestyle in and out of school. The course will result in students demonstrating the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance abuse, and human sexuality. This will be achieved through both activity and academic based learning.

Grade 9-10 Activity/Academic Schedule

September	Soccer, Volleyball, Fitness, Court Games (Capture the flag, dodge ball etc.
October	Finishing up soccer, volleyball, fitness, weight training, court games continued.
November	Finishing up volleyball, weight training, fitness, Court games continued.
December	Weight training, fitness, court games continued.
January	Start basketball, weight training, fitness, court games.
February	Basketball, Weight Training, Court Games (dodge ball, etc), fitness, personal health practices
March	Badminton, Weight Training, Court Games, Fitness, weight training, floor hockey, healthy nutritional practices
April/May	Track & Field, Weight Training, Court Games, Badminton, Fitness, floor hockey, substance use and abuse.
June	Track & Field, baseball/fastball, floor hockey, badminton, court games, Fitness, human sexuality.

Evaluation:

Academically, student's evaluation is heavily based on participation and effort. Skill is NOT heavily weighted. One must participate with effort in order to receive a passing grade. Proper gym attire is a must and will be part of student evaluation.

Participation and Effort RE: Activities	50%
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Health	50%
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