

ALONSA SCHOOL  
COURSE OUTLINE  
Physical Education 7/8  
Code: 0169/English  
Instructor: Mr. Brad Dupasquier

The grade 7/8 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 7-8 Activity/Academic Schedule**

<b>September</b>	Soccer, Volleyball, Fitness, Court Games (Capture the flag, dodge ball etc.
<b>October</b>	Finishing up soccer, volleyball, fitness, weight training, court games continued.
<b>November</b>	Finishing up volleyball, weight training, fitness, Court games continued.
<b>December</b>	Weight training, fitness, court games continued.
<b>January</b>	Start basketball, weight training, fitness, court games.
<b>February</b>	Basketball, Weight Training, Court Games (dodge ball, etc), fitness, personal health practices
<b>March</b>	Badminton, Weight Training, Court Games, Fitness, weight training, floor hockey, healthy nutritional practices
<b>April/May</b>	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%

Health 50%

Evaluation will be completed on three levels; diagnostic (traditional testing), formative (on the spot evaluation of tasks on hand), and summative (evaluating completer units).