**St. Mary’s School**

**Grade 10 Physical Education**

Mr. Bergen Henengouwen

Aim of Physical Education:

Physical Education 10 is a required course for all students entering high school. Alberta Education states that students must earn credits in Physical Education 10 to receive their high school diploma.

The aim of the Physical Education Program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. (Alberta Education, 2000)

General Learner Outcomes: There are 4 main course objectives:

Outcome A: ACTIVITY – Students will acquire skills through a variety of developmentally appropriate movement activities.

Outcome B: BENEFITS HEALTH – Students will understand, experience and appreciate the health benefits that result from physical activity.

Outcome C: COOPERATION – Students will interact positively with others.

Outcome D: DO IT DAILY FOR LIFE – Students will assume responsibility to lead an active way of life.

**Sports you will potentially be participating in throughout the 2012/2013 School Year:**

**Ultimate Frisbee Dance Rock Climbing CPR**

**Team Handball Flag Football Basketball Others**

**Volleyball Fitness Water Polo**

**Yoga Gymnastics Curling**

Evaluation Criteria

* Participation (Marked Daily) 70% \*\*\*\* See next page for Daily Participation Rubric\*\*\*\*

* Skill Improvement & Fitness Testing 10%
* Assignments/ Quizes 10%
* PE Service Hours 10% *PE 10 students are required to complete 10 service hours. Volunteering has a positive benefit to students, school programs and the community. Opportunities will be made available throughout the semester (Ex: Helping Coach, Help Clean Up/ Take down at sporting events, running an intramural sport, creating posters for game days, etc) . Members of athletic teams will be credited with 2.5 hours for participation in that sport. Completion of service hours is compulsory.*

Class Expectations

**Attendance**

Physical Education is an activity class, requiring the student to participate in the activity.  **If for any reason a student is not able to participate (whether absent, hurt, etc) a note from a parent is required**. If a note is not shown, or you are late, you will lose participation marks for that day.

**No Strip**

* Students who arrive to class without P.E. strip have the option of: - Borrowing strip from the P.E. dept. OR - Students may be allowed to complete a written assignment (to make up 80% of daily participation marks)
* Frequent “no strip” consequences will result in a loss of participation marks a phone call home and a referral to administration

**Supplies**

* **P.E. Clothing**
  + T-shirts, Gym Shorts, Sweats, Track Pants
  + Footwear -Non-marking Running Shoes Only
* **Duotang/Binder**
  + You will need a binder/duotang to keep all necessary assignments/quizzes in. This will be kept in Mr. Bergen Henengouwen’s office.
* **Absolutely NO CELL Phones**- Any cell phone that is seen will be taken away.

**Behavior:**

* Effort- The expectation is that students will participate with their best effort
* Preparation- Being late, having no P.E. clothing or inappropriate P.E. clothing will result in consequences
* Respect- Be respectful of yourself, others around you and of the equipment to ensure a safe and fun environment for everyone to participate in

**I look forward to work with students and parents in making this year a total success! If you have any questions or concerns please contact me at the school at 403 223-3165 or by e-mail.**

**My e-mail address is: bergenhenengouwena@holyspirit.ab.ca**

**Thanks,**

**Mr. Bergen Henengouwen**

**St.Mary’s Grade 10 Physical Education**

**Community/Volunteer Service Hours Log Book**

|  |  |  |
| --- | --- | --- |
| Description of Service | Time | Signature |
| Example:  Created 1 poster advertisement for upcoming Auroras Home Game | 30 minutes | Mr. B |
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