



I. Key Message/Expectations

In this Physical Education class students will explore multiple team, individual and alternative activities and sports. Throughout the course students will traverse through the many angles of physical literacy and learn ways to enhance an active, healthy lifestyle. Class expectations are as listed:

- Come to class prepared! Proper active wear and shoes are expected, examples are listed:
 - Appropriate athletic shirt, shorts or pants in which you can be active in
 - Shoes must be non-marking
 - Anything that might get snagged or caught on something must be removed for safety
- Arrive to class on time
- Respect the space and equipment! (wherever we are)
- Respect each other! We will be doing a number of activities where cooperation is key, some examples of respect:
 - Positive language and inclusivity
 - An appropriate amount of competitiveness
- Students are expected to participate safely in class and to the best of their abilities
- Students who are hurt, injured or are unable to participate in regular activities are required to let their teacher know immediately so modified and adapted participation can take place

II. Course Overview

This Physical Education course will have a balance between team, individual and alternative activities among learning how to live/improve a healthy lifestyle. Within our activities will be a mixture of familiar and less familiar activities that will require students to explore the dimensions of physical literacy. This Physical Education program will follow the themes from the Alberta Program of Studies. These themes are:

- Activity
- Benefits to health
- Cooperation
- Do it Daily for life.

To be successful in this class it is recommended to follow the expectations listed above, be an active participant of the class and have the willingness to cooperate with peers.

III. Scope and Sequence

Students total mark be marked on:

Activity	30%
● Skills and knowledge	
Benefits to health/Do it daily	40%
● Self reflections, effort, safety	
Cooperation and Participation	30%
● Fair play, participation, teamwork	
Total Mark	100%

Tentative Schedule/Units

Unit	Timeframe	Components
Invasion/Outdoor Sports	September	Kickball, softball, soccer, ultimate frisbee
Net/Catch and Throw Games	September - October	Volleyball, tchoukball, handball, dodgeball, spikeball
Fitness/Leadership	October	Personal fitness, peer led activities
Dance	October - November	Line dancing, partner dancing, Indigenous themes

Team Sports	November - December	Basketball, floor hockey, indoor soccer
Winter Activities	December	Skating, curling
Individual Activities	January	Badminton, gymnastics, wrestling

Activities may change based on student interest and weather conditions

IV. Teaching Methodology

This course will have a mixture of sports with different ways to modify and accommodate the needs of students. Progressions will be used to introduce and improve students skills in activities. Modifications and progressions require students to participate to the best of their ability no matter the skill level to see the improvement and benefits. Throughout the course student input will be considered so please do not hesitate to put forth ideas of different activities. All students will be respected and valued for their individual abilities and personalities and are strongly encouraged to share them with the class.

V. Assessment

Students will be assessed based on locomotor, non-locomotor and manipulative skills in activities (**Activity**). As well as the knowledge about how/when the skills are implemented in specific activities (**Activity**). There will also be self assessment components, in regards to effort, cooperation and safety, that will be averaged with teacher observations (**Benefits to health/Do it daily**). All three of these assessments will be inputted in PowerSchool at the end of each unit. Furthermore, every two weeks students, regardless of the current unit, will receive a mark based on their participation and cooperation out of five in PowerSchool (**Cooperation and Participation**). Formative feedback will be consistently given throughout classes as students progress through new skills and work cooperatively.

VI. Resources

Please refer to the [Alberta Education Physical Education Program of Study](#) (Grades 7-12) for reference to the curriculum.