

# Physical Education 7 Course Outline

## Junior High Grade – Course Outline 2023/2024

Mr. DJ McDougall

Email: [mcdougalld@lrsd.ab.ca](mailto:mcdougalld@lrsd.ab.ca)

Office: Fitness room 184

The aim of physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

### Objectives

- A. **(ACTIVITY)** students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternate environment.
- B. **(HEALTH BENEFITS)** students will understand experience and appreciate the health benefits that result from physical activity.
- C. **(COOPERATION)** Students will interact positively with others.
- D. **(DOING IT DAILY FOR LIFE)** Students will assume responsibility to lead an active way of life.

### Dress Requirements

It is preferred and recommended that students change into athletic clothing (that complies with the school's dress code) for all physical education classes. For footwear it is strongly encouraged to have a separate pair of sneakers that are for indoors, without heels, made of non-scuff materials to keep the floor in good condition. We may be able to provide some shoes on occasion.

If you choose, you can purchase Halton shorts and shirts from the online store or talk to Mr. Whitehead

**\*Please leave valuables in your locker during PE time.** (Phones, jewelry, money...etc.) We are not responsible for lost items in the change rooms during this time. You will not need your phone during class time.

Please remember to take your athletic clothing home on Friday to have washed and ready to go for the following week.

### Class Expectations

**All school expectations apply in the gym and outside on the field.**

1. Students are expected to attend all physical education classes on time with the proper clothing and/or equipment. **This will be included in your daily participation mark.** Students that do not change will still participate in class, but will lose marks accordingly.
2. When teachers or instructors are speaking, students will stop and listen respectfully. This also includes when another student is speaking to the class.
3. Students are expected to follow instructions exactly as delivered. This is for your own safety as well as the rest of the class.

4. No food, candy, drinks or gum is allowed in the gym at any time. Water is allowed and students are encouraged to bring a water bottle to class. (Intramural supervisors are exempt from this rule)
5. Students will get permission from the teacher to leave the gym or field.
6. Students will do their best to refrain from using foul language. (The class will decide together what the punishment will be, but only enforced by the teacher or instructor)
7. Have as much fun as you can during class, but not at the expense of another student or teacher. Having fun and making the most of class is the best way to succeed in physical education.
8. Students will remain in the gym until the bell rings or teacher dismissal.

### **Assessment**

Students will be assessed in each of the four general outcomes areas:

- A. **Activity** - basic skills and application of basic skills
- B. **Benefits Health** - functional fitness, body image and well-being
- C. **Cooperation** - communication, fairplay, leadership and teamwork
- D. **Doing it Daily for Life** - effort, safety, goal setting/ personal challenge, and active living in the community.

20% Activity and Skill - Skills testing, student and teacher evaluation, and teacher observation

20% Benefits Health - monthly questions, assignments, and projects

20% Cooperation - teacher observation, student and teacher evaluation

30% Doing it Daily for Life - Participation and effort (teacher observation/student evaluation), assignments, and projects.

10% Fitness Testing

### **Class Format**

Generally the class will follow this format. (This may change throughout the year)

1. Students will get 5 minutes to change into athletic clothing
2. Warm up game
3. Dynamic Stretching and Fitness
4. Skill Development for Unit
5. Game/Activity
6. Clean up
7. Cooldown and Change.

### **Equipment and Fees**

Fees are applicable to some activities such as swimming, bowling, skiing, golf and curling and information about costs will come home prior to these activities. Most equipment will be provided but there will be situations where students will be required to provide their own equipment (skates/helmets, ball gloves...etc.) and appropriate notice will be provided.

### **Tentative Schedule**

This schedule may change but I will keep you informed with any adjustments as they provide themselves. Out of school units (swimming, ice sports, skiing) will happen between December-March

September - Ultimate Frisbee, Fitness Testing, Disc Golf  
October - Soccer, Cooperative Games, Pickleball  
November - Volleyball, Floor Hockey  
December - Dance, Swimming, Ice Sports, Student Choice  
January - Adaptive/Inclusive Games, Fitness Testing, Basketball  
February - Badminton, Sepak Takraw, Winter Activities  
March - Gymnastics, Tchoukball, Spikeball  
April - Athletic Training, Bellyball  
May - Track and Field, Tennis, Rugby  
June - Softball/Baseball, Fitness testing, golf.

**If there is an activity or sport that you do not see but would like to include, please come and talk to me.**

We will be outside as much as possible, weather permitting, so please dress accordingly. Notice will be given.