

PHYSICAL EDUCATION
Physical Education 20/30 – COURSE OUTLINE

Mr. Randy Whitehead

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**.

General Objectives

1. Students will acquire skills through a variety of developmentally appropriate movement activities in an alternative environment, dance, games, types of gymnastics and individual activities.
2. Students will understand experience and appreciate the health benefits that results from physical activity.
3. Students will interact positively with others.
4. Students will assume responsibility to lead an active way of life.

Dress Requirements

- indoor courts with non-scuffing soles
- Athletic clothing (shorts, sweat pants, yoga pants, t-shirt, etc)

*If you desire Halton shorts and t-shirts this can be done by ordering from the Halton Online store: <https://matthewhaltonhighschool.entripyshops.com/>

***Leave valuables** (phones, jewelry, money, calculators, etc.) in your locker.
Remember to take your gym clothes home on Friday and wash them. So, they are clean for the next week.

Class Expectations

All school expectations apply to the gym

1. Students are expected to attend ALL Physical Education classes on time, with the proper clothing and/or equipment. Remember physical education requires participation those students not changed will participate but can only achieve a possible **maximum of 50% for that day's effort**.
2. Students are expected to follow ALL teacher instructions EXACTLY! This is for your own safety, as well as the safety to others.
3. Show respect for self, peers, school and teachers
4. No food, candy, drinks or gum is allowed in the gym. Water is welcome
5. Phones and other electronic devices will be stored away during physical education classes.
6. Stay positive and have fun. This course will be whatever you make it. If you come into the gym class with a good attitude and ready to play you will make this class not only enjoyable for yourself but to others as well.

Class Format

Each class will generally follow this format:

- Warm-up, Stretch, Fitness – 20 minutes
- Skill development - 48 minutes
- Game/Activity
- Cool-down and clean-up/change time – 10 minutes

Equipment and Fees

There will be a fee for some activities such as (swimming, curling, weight training, etc) and information about costs will come home prior to these activities starting.

Assessment

Students will be assessed daily on their participation, skills, and attitudes, which the teacher will let students know at the start of each class.

15%	Activity and Skills - Skills tests, Self & Teacher Evaluation
15%	Benefits Health – monthly questions
15%	Cooperation (communication, leadership, fair play, teamwork)
20%	Do it Daily - Daily participation, effort, fitness logs
25%	Fitness Test (2)
10 %	Service Hours

*Service hours will be graded 1% per 1 hour of volunteer work within the school or community. Physical education 20/30 students will be required to fulfill 10 hours of work for 10%. If students play a school sport from the following list (volleyball, basketball, rugby, football or baseball) or in 2 of the following school sports (cross country, badminton, and track and field) will receive 5 credit hours towards their total.

*Part of your leadership mark will be leading the class for the day through a warm – up and fitness.

*For class schedule and other information can be found on Our PE 20/30 Google Classroom, which students will be added to within the first week of classes

Tentative Schedule September 2023 – January 2024

September – Fitness test

October –

November –

Decemeber –

January – Fitness Test,