

PHYSICAL EDUCATION

JUNIOR HIGH GRADE 7– COURSE OUTLINE 2023-2024

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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**.

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 75% 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

Fees are applicable to some activities such as swimming, bowling, skiing, and curling and information about costs will come home prior to these activities. Students will require badminton racquets, skates/helmets, and ball gloves. All other equipment is provided. We will be sanitizing equipment after each class.

Assessment

Students will be assessed in each of the 4 general outcome areas:

- A. Activity (Basic skills, application of basic skills)
- B. Benefits Health (Monthly questions)
- C. Cooperation (communication, fair play, leadership, team work)
- D. Do it daily... for life! (effort, safety, goal setting/personal challenge, active living in the community)
- E. Fitness tests (3 throughout the year)

Marking Rubric

Activity/Skills	20 %
Benefits Health (Monthly Questions)	20 %
Cooperation	20 %
Do it Daily	30 %
Fitness Test (3 throughout the year)	10 %

Tentative Schedule 2023-2024

September – Fitness test, Frisbee games

October – Spike ball, Cooperative games, Volleyball

November –Basketball, Curling

December – Swimming, dance

January – Fitness test, Ice Sports, Stick games

February – Badminton

March –, Pickle Ball, Tumbling

April –Flag rugby, Track&Field

May – Double ball, Handball

June – Fitness Test, Games, bowling

*Skiing: Sometime in February or early March

This schedule is tentative and most likely will change, I will try to keep you informed with upcoming activities.