

**PHYSICAL EDUCATION**  
**Physical Education 10 – COURSE OUTLINE 2023- 2024**

**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**

Fees are applicable to the following activities: swimming, personal training, bowling, curling, and combative, yoga, golf, kayaking, and archery information about costs will come home prior to these activities. Also, there will be a cost associated with the Day Trips (Golf, New Activities, Hike, Scuba/Climbing wall and Skiing. Students will require badminton racquets, skates/helmets, and ball gloves. All other equipment is provided

### **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
20%	Benefits Health – monthly questions
20%	Cooperation (communication, leadership, fair play, teamwork)
20%	Do it Daily - Daily participation, effort, fitness logs
25%	Fitness Test

### **Tentative Schedule**

**September** – golf, Rugby, yoga, fitness test

**October** – Track/Field, Coop Games, Tchoukball, Pickleball

**November** – Basketball, Sepak, Ice sports

**December** – Aquatics, Dance,

**January** – Curling, Badminton, Fitness Test

**February** – Floor hockey, volleyball

**March** – Strength training, Tumbling, kayaking

**April** – lacrosse, Biking, bowling/squash

**May** – Skateboarding, archery, backyard games,

**June** – tennis, slow pitch, doubleball, Fitness test