

## **AAHS Grade 10 Physical Education Course Outline (PHER 2F)**

Teacher: Taylor Homenick

Room: 109

### **Overview and Course Aims**

The Grade 10 Physical Education course builds on physically active and healthy lifestyle concepts and practices. The course will build on student opportunities to learn and make informed decisions about physical activities, fitness, healthy lifestyles, and active living. Grade 10 Physical Education puts more emphasis on exploration of physical activity interests and continues with positive attitudes towards active living and its role in students' lives.

### **Course Content**

The Grade 10 Physical Education course is divided into five main learning units, each with lessons that must be completed to obtain a credit.

1. Movement
2. Fitness Management
3. Safety
4. Personal and Social Management
5. Healthy Lifestyle Practices and Secondary Family life

These topics are taught through a variety of activities (group and individual), fitness activities and analysis, Low organized games, and health lessons.

### **Class Expectations**

Students are expected to be on time for class and ready to learn. Students are encouraged to bring active clothes for class (shorts, sweats, t-shirt). Students are required to have appropriate footwear for physical activities. A variety of instructional methods will be used including: teacher directed activities, group collaboration and activity exploration, individual and group work. Various technologies will be used to enhance learning as well. Due to the limitations of Argyle Alternative High School our program has a large off campus portion, students are expected to be display exemplar behavior as outlined in the Behavior Agreement

### **Learning Blocks**

Our school year is split into seven (7) learning blocks, creating shorter periods to manage and create goals for. In PE, you can expect to complete one (1) health module and 15-20 in class activity hours in each learning block. If you meet these expectations, you can obtain a credit in 4-5 learning blocks.

### **Course Evaluation**

Students will be required to keep an activity journal to track hours (110 total hours) in addition each unit has lessons that must be completed to obtain the credit. Evaluation of student progress will be done through use of the attached Grade 10 PHER 2F Rubric. Each learning outcome in the rubric is given equal weight when determining their grade.