

# **ALEXANDRA MIDDLE SCHOOL**

## **PHYSICAL EDUCATION COURSE OUTLINE 7 & 8**

### **PHILOSOPHY:**

We feel Physical Education is a vital component of the total education experience of the student, enabling individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. At AMS we offer a modular approach to physical education that incorporates traditional individual and team sports as well as a Recreational Education component and a Health component.

The Recreation Education program is designed to offer adolescents exposure to a variety of leisure activities which they would not otherwise have access within the standard Physical Education curriculum; hopefully students find one or more activities which they enjoy enough to become a life-long participant and develop some self-confidence.

Recreation Education at AMS has been adapted to meet the daily physical activity requirement mandated by the Alberta Government. Due to the fact that this program is mainly off-campus, this class involves some costs that, following District policy, have been incorporated into your school fees; the fees go towards transportation and facility use. AMS is proud to have all our students engaged in daily physical activity as the government directive was intended for the healthy benefit of all our students.

### **HOURS OF INSTRUCTION:**

Students will receive approximately 150 hours of instruction.

### **GENERAL OUTCOMES:**

Alexandra's Physical Education Program uses Alberta's Physical Education Curriculum guidelines, whose four general outcomes are referred to as the of physical education.

- **Activity:** acquire skills through a variety of developmentally appropriate movement activities.
- **Benefits Health:** understand, experience and appreciate the health benefits that result from physical activity
- **Cooperation:** interact positively with others
- **Do It Daily...For Life:** assume responsibility to lead an active way of life.

### **ASSESSMENT:**

A student's final mark will consist of four report card marks and a final exam, which are each worth 20%. Each report period will be broken down into the following categories:

1. **Attendance/Changing Out: (10%) Students will:**
  - be changed and seated in attendance rows for PE modules 5 min. after the bell.
  - wear appropriate athletic clothing and clean running shoes that have a non-marking sole. These must be different clothes and shoes than those worn to school. **Note: any student not changed 3 times during a unit may be excluded from class.**

**Students will be asked to wear the school's clothes if they do not bring their own. Students do not need to change for RE modules.**

- only have snacks during morning break time and there is no gum allowed.
- **NOT BRING VALUABLES TO CLASS.** Jewelry, watches, cell phones, etc., must be removed and hair needs to be pulled back if it is long.

**2. Physical Education Participation: (30%) Students will:**

- eagerly engage in activities and demonstrate leadership qualities.
- take initiative to try new activities.
- display a positive attitude and become self motivated to participate.
- work hard to develop and use skills taught in class.
- follow instructions
- provide a note from a parent/guardian or physician to excuse participation from any activity, upon which, written work will be provided.

**3. Knowledge/Health: (20%) Students will:**

- write exams within their PE units.
- maintain a notebook with all handouts and course outline.
- cover the integrated health curriculum during the winter months.

**4. Fitness/Rec Ed Log Sheet: (20%) Students will:**

- complete regular fitness testing each report period that will evaluate aerobic fitness, strength, agility and flexibility.
- hand in a Rec. Ed. Log Sheet which students will use to record their regular participation in activities outside of class (PE teachers will distribute and explain in detail at the start of each reporting period.)

**5. Recreational Education Participation: (20%) Students will:**

- eagerly engage in activities and demonstrate leadership qualities.
- take initiative to try new activities.
- display a positive attitude and become self motivated to participate.
- work hard to develop and use skills taught in class.
- follows instructions and show respect to the people, facilities, and environment when out in the community.
- provide a note from a parent/ guardian or physician to excuse participation from any activity, upon which, written work will be provided.

**COURSE MODULES:** As part of our commitment to making physical education a positive experience, students will be exposed to a variety of activities where the focus will be on development of new skills and developing a positive attitude toward recreation. Possible activities are:

**Physical Education**

Football          Wrestling  
V-ball            Lacrosse  
Basketball        Track and Field  
Gymnastics       Badminton  
Dance

**Recreational Education**

Outdoor Pursuits      Softball  
Broomball            Tennis  
Lawn Bowling        Rollerblading  
Archery                Bowling  
Biking (students need a helmet)  
Golf                    Ping Pong