



PE 10 Course Outline
Mr. West
Summer School
Phone: (613) 222-8889
Email: derek.west@asperview.org



OBJECTIVE:

“The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

Alberta’s vision for education focuses on children and their ability to achieve their individual potential, creating a positive future for themselves, as well as enhancing their quality of life. The

Kindergarten to Grade 12 Physical Education program contributes to the development of life skills for the personal management of health, for the use of physical activity as a strategy for managing life challenges, and for a setting within which to practice the ability to work with others. The program provides an equitable opportunity for all students to realize the benefits of participation in physical activity.” -

Physical Education Program of Studies Alberta

ALLOCATION OF TIME:

Students should expect to complete:

- 40 hours of classwork for 3 credit PE
- 60 hours of classwork for 4 credit PE
- 80 hours of classwork for 5 credit PE

MAJOR CONCEPTS:

The learning outcomes developed through the Alberta Physical Education curriculum are divided into 4 strands:

1. Acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits
2. Understand, experience and appreciate the health benefits that result from physical activity
3. Interact positively with others
4. Assume responsibility to lead an active way of life.



COURSE MARKING SCHEME



****Google Classroom for Assignments or Important Information****

Physical Education 10

30 Hours of Physical Activity **50%**

Written Assignments **50%**

- 5 credit PE must complete 6 assignments
- 4 credit PE must complete 4 assignments
- 3 credit PE must complete 2 assignments

Themes:

Sport Experience

- Net/Wall Sports
- Manipulative Sports
- Teaching Games for Understanding
- Modified/Non-Traditional Games Activities
- Fundamental Movement Skills
- Run, Jump, Throw

Alternative Environments

- Snowshoeing
- Hiking
- Ice Activities
- Community Offered
- Curling

Health Topics

- Issues in Physical Activity
- Performance Enhancing Supplements
- Body Image
- Stereotypes in Sport
- Barriers to Participate in Physical Activity

Active Living

- Warm Up & Cool Down
- Fitness
- Nutrition
- Open Gym - Game Creation
- Leadership
- Coaching

Individual Pursuits

- Gymnastics
- Adventure Play
- Fitness Assessments

Dance

- Group/Individual Dance