

Physical Education and Health 10F

Semester 1- Credit Value: 1

September 2024-January 2025

Teacher: Mr. Nathan Zadorozny

Email: nzadorozny@trsd.ca

Office: Gym office

Class Objectives: To empower students to take control and improve their personal level of fitness through various sport activities, become familiar with basic rules of sports and understand how to participate in them, become familiar with the use of heart rate monitors and be able to utilize in-zone training, become familiar with proper and safe training techniques within a basic fitness centre (provided at the school) and have lectures and discussions on relevant health topics.

Fitness Assessment: Students will participate in fitness assessment at least 2 times throughout the year (possibly a third). This will be mandatory but students will not be assessed based on how they score. The fitness test is for personal evaluation and gives an idea of progression throughout the year. The data collected will also be used to track improvements in specific areas and will hope to focus on improvements.

Activities covered: Throughout the year we will cover a wide range of sports. Each sport will be covered through playing, as well as taking a closer look at some of the finer skills needed to improve aspects of the game.

“The best way to improve at a sport is through participation”

Sports to be covered (but not limited to): Volleyball, basketball, soccer, football, ultimate Frisbee, baseball, curling, broomball, lacrosse, track and field, handball, floor hockey, badminton, pickle ball, 4 square, and various low organized games.

Dress: All students will be expected to change into proper phys-ed clothing due to safety and hygiene concerns. There will be clothing provided at the gym for those who NEED gym clothes or those who may forget. There is proper gym attire that you can borrow for the day. Failing to change can result in injury and is a safety precaution not only to yourself but also to those around you. Other safety rules include:

- No jewelry is to be worn in the gym(aside from medical alert)
- Proper running shoes
- Try to keep longer hair tied back to prevent tangling and catching in equipment
- Hats are only allowed to be worn outdoors

Attendance: Attending class is mandatory. Please show up on time and have all necessary equipment and articles of clothing. Adequate time will be given to change before the next class starts. It is your responsibility to make it to the next class. If more time is needed to change, please notify Mr. Zadorozny.

Medical Excuses: I believe that if you are well enough to be in school then you are well enough to participate in gym to the best of their ability. A written note from your doctor, physical therapist, athletic trainer, or a parent will be honored in the excuse of participating.

Behaviour: Please respect everything around you in the gym and fitness room. This includes: yourself, your fellow classmates, teachers, guests, equipment and the gym and fitness room themselves.

Student Assessment: **30%** Health Exam/ **70%** remainder of in-class activities.

Volunteer Hours: Each student is required to participate in obtaining ten total volunteer hours in the school or community by the end of the period. Students are given sheets to fill out on the first day of class. This corresponds with the Manitoba Health Curriculum based on gaining awareness in schools/communities.

Phys-ed practical

- Daily assessment (Done 1-2 classes a week)
- Self-assessment
- Quizzes/testing
- Basic Knowledge of individual sports (play, rules, skills)

Health Assignments (ie. Social interactions, substance abuse, nutrition, sexuality)

- Projects
- Group work
- Class discussions
- Tests

Health Exam (End of the year) **30% of your final mark**

If there are any questions or concerns regarding anything throughout the year, feel free to contact myself through email or stop by the gym office.

Daily assessments are marked on the following categories. Each daily assessment will be out of 12, 4 marks from each category.

1)MOVEMENT

	0-1	2	3	4
<i>Movement Skills</i>	- student shows movement skills occasionally	- student uses movement skills regularly	- student uses movement skills without prompting	- student uses all movement skills all the time
<i>Rules of Activity</i>	- student uses rules occasionally	- student uses rules regularly	- student uses rules all the time with some prompting	- student uses all rules all the time
<i>Apply Movement Skill</i>	- student applies skills occasionally	- student applies skills regularly	- student applies skills all the time with some prompting	- student applies skills all the time
<i>Active</i>	- student is rarely active in class activities	- student is active in class 50% of the time	- student is active most of the time but does need some prompting	- student is highly active in all class activities

2) SAFETY OF SELF/OTHERS

	0-1	2	3	4
<i>Safety Rules</i>	- student rarely follows rules of gym safety	- student follows gym safety rules 50% of time	- student follows gym rules most of the time with reminders	- student follows gym safety rules all the time
<i>Safe Practices</i>	- student rarely applies safe practices when active	- student applies safe practices but needs reminders	- student applies safe practices in most activities	- student applies safe practices in all activities
<i>Proper use of Equipment</i>	- student rarely uses equipment properly	- student sometimes uses equipment properly	- student usually uses equipment properly	- student always uses equipment properly

3)Healthy Lifestyles

	0-1	2	3	4
<i>Approach to Learning</i>	- student rarely has a positive attitude towards learning	- student shows a positive attitude towards learning 50 % of the time	- student shows a positive attitude towards learning with some prompting	- student always has a positive attitude towards learning
<i>Sensitive to Others And Shows Cooperation</i>	- student is sensitive to others rarely - student rarely is cooperative	- student is sensitive to others 50 % of the time - student cooperates with others most of the time with reminders	- student is sensitive to others most of the time - student cooperates consistently with others	- student is sensitive to others all the time - student always cooperates with others.
<i>Respectful Behavior</i>	- student is rarely respectful to others	- student is respectful 50% of the time	- student is respectful most of the time but does need reminders	- student is respectful all the time