

LJA PHYSICAL EDUCATION

COURSE OUTLINE

Philosophy

The physical education and health program at LJA was designed with a view toward fostering students' overall development. Although one of its main objectives is to help students increase their motor efficiency through regular physical activity, the program also aims to help students develop psychosocial skills and acquire the knowledge, strategies and attitudes required to properly manage and maintain their health and well being.

Participation

Physical education takes place 3 days out of a 9 day cycle for 75 minutes a period. Students are involved in a variety of activities, hence, it is imperative that students come prepared to do so wearing the appropriate dress code: red t-shirt, black sport bottoms and proper running shoes. If a student is unable to participate in the class activity for an extended time period (more than 2 consecutive periods), a doctor's note is required. Students may want to consider bringing a lock for day time use during their phys ed period as well as a reusable water bottle. Please note that we are not responsible for any lost, stolen, or damaged items students may bring down to the gymnasiums.

Examples of units that may offered

-Soccer	-Ball Hockey	-Low Organizational Games (LOGS)
-Baseball	-Handball	-Track and Field
-Badminton	-Volleyball	-Gymnastics
-Basketball	-Ultimate Frisbee	-Kinball
-Fitness	-Football	-Tchoukball

Evaluation

For all students in every subject:

Term One = 20% Term Two = 20% Term Three = 60%

In Phys. Ed evaluation is based on 3 competencies:

C1-Interacts with others in different physical activity settings: this is based on their attitude and sportsmanship during class as well as respecting their environment.

C2-Performs skills in different physical activity settings: this is based on their specific skill sets in different forms of movement patterns used in sports and activities as well as their improvement in these skills.

C3-Adopts a healthy lifestyle: this is based on basic skill tests such as an endurance test to ensure that students are doing enough physical activity outside of school. As well, students must practice good hygiene by utilizing our school physical education dress code system.

For all terms in phys ed, each competency is worth 33% each