



# COCHRANE HIGH SCHOOL PHYSICAL EDUCATION 10 COURSE OUTLINE

## Program Rationale and Philosophy

The Physical education program emphasizes active living and life long participation with a focus on physical activity that is valued and integrated into daily life. Through Communication and Collaboration; Digital Citizenship; Technology Operation and Concepts, the aim of physical education is to contribute to the physical, mental, and emotional development of the student, using a variety of physical activities and games. Participation in physical activity contributes to health, physical, mental, and economic benefits for the individual and for the community.

### GENERAL LEARNER OUTCOMES FOR PHYS ED



**Activity:** Students will acquire skills through a variety of developmentally appropriate movement activities.



**Benefits Health:** Students will understand, experience and appreciate the health benefits that result from physical activity.



**Cooperation:** Students will interact positively with others.



**Do it daily...for life:** Students will assume responsibility to lead an active way of life.

**These outcomes are interrelated and interdependent. Each is achieved through a variety of dimensions: games, dance, individual activities, and alternative environment activities.**

## Evaluation and Assessment

<b>Activity (Skill)</b> Students will acquire skills through a variety of developmentally appropriate movement activities.	(15%)
<b>Benefits Health (Fitness, Body Image, Well Being, CPR)</b> Students will understand, experience and appreciate the health benefits that result from physical activity.	(20%)
<b>Cooperation (Communication, Fair Play, Leadership, Teamwork)</b> Students will interact positively with others.	(35%)
<b>Do it daily...for life (Effort, Safety, Goal Setting, Active Living)</b> Students will assume responsibility to lead an active way of life.	(30%)

## CLASS EXPECTATIONS AND RULES

1. **CHANGED INTO PROPER P.E. ATTIRE (Cobra Shirt)**  
**NO EXCEPTIONS**
2. **Leave your valuables in hallway lockers!** Do not bring valuables to class! Do NOT leave valuables in the locker room.
3. No food, gum, or drinks in the gym. Except sealed water bottles
4. Proper footwear (clean running shoes for the gym) are to be worn at all times. **NO street shoes/skater shoes** to be worn on the gym floor.
5. The gym must be entered and exited through the inside doors at all times, Do NOT use the fire exit doors leading outside.
6. Clean your running shoes off when coming back into the school from outside.
7. **Be on time!** Students will be given 5 minutes at the start and end of each class to change.
8. After changing at the end of class, students must return to and remain in the gym (bleachers) until the bell rings. **Students are NOT allowed to go to their lockers before the dismissal bell. NO EXCEPTIONS.**
9. Student may not leave the gym or playing area without the teacher's permission.
10. Students are expected to cooperate with the teacher and other students at all times. Disruptive behaviour will not be tolerated.

