



COCHRANE HIGH SCHOOL PHYSICAL EDUCATION/HEALTH 9 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.

The aim of the Health and Life Skills Kindergarten to Grade 9 Program of Studies is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. To achieve this aim, students require an understanding of self as the basis for healthy interactions with others and for career development and lifelong learning. Students also require a safe and caring school and community environment in which to explore ideas and issues surrounding personal choice, to seek accurate information, and to practise healthy behaviours.

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.

GENERAL LEARNER OUTCOMES FOR HEALTH AND LIFE SKILLS

Wellness Choices: Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Relationship Choices: Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Life Learning Choices: Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

Evaluation and Assessment

Activity (Skill)	(10%)
Students will acquire skills through a variety of developmentally appropriate movement activities.	
Benefits Health (Fitness, Body Image, Well Being)	(15%)
Students will understand, experience and appreciate the health benefits that result from physical activity.	
Cooperation (Communication, Fair Play, Leadership, Teamwork)	(25%)
Students will interact positively with others.	
Do it daily...for life (Effort, Safety, Goal Setting, Active Living)	(20%)
Students will assume responsibility to lead an active way of life.	
Health 9 (Wellness Choices, Relationship Choices, Life Learning Choices)	(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.

