Name of course: **Physical Education 8 (Girls)**

Name of teacher: **Mrs. K. Irvine**

A. **Description of Course Content**

This course provides students with an introduction to a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules, and positive behavior (R.O.A.R.S) are taught.

**Term One:**
- Sept. 08 – Sept. 18: Field Hockey
- Sept. 21 – Oct. 09: Softball
- Oct. 13 – Oct. 30: Touch Rugby
- Nov. 02 – Nov. 27: Wrestling

**Term Two:**
- Nov. 30 – Dec. 18: Dance
- Jan. 04 – Feb. 05: Gymnastics
- Feb. 10 – Mar. 4: Active Health

**Term Three:**
- Mar. 29 – Apr. 15: Volleyball
- Apr. 19 – May 06: Track & Field
- May 09 – Jun. 03: Badminton
- Jun. 06 – Jun. 24: Minor Games

B. **Assessment / Evaluation Criteria**

Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.

**Marks will be based upon:**
- Skills or Psychomotor Testing = 40%
- Knowledge or Cognitive Testing = 10%
- Fitness Testing = 10%
- Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. **Behavioral Expectations**

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. **Psychomotor and Cognitive Tasks**

**Term 1:**
- **Field Hockey:** Passing/Receiving (10), Game Play (10), Written, (25).
- **Softball:** Throwing (10), Catching (10), Batting & Base Running (10), Written (30).
- **Rugby:** Flat pass (5), Spiral Pass (5), Kick (5), Game Play (10), Written (25).
- **Wrestling:** Arm Drag (10), Half Nelson (10), Written (20).

**Term 2:**
- **Dance:** Participation/R.O.A.R.S (20).
- **Gymnastics:** Written (20), Floor Routine (20), Balance Beam (10), Vaults (15).
- **Active Health:** Quizzes (15), Written Exam (40), Workout Log (20), P.E. Notebook (20).

**Term 3:**
- **Volleyball:** Overhead Pass (10), Forearm Pass (10), Serve (10), Tourney (10), Written (25).
- **Track & Field:** Long Jump (10), Shot Put (10), 80 Metre Sprint (10).
- **Badminton:** Overhead Clear (10), Serve (10), Game Play (10), Tournament Play (10), Written (25).
A. Description of Course Content
This course provides students with an introduction to a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules, and positive behavior (R.O.A.R.S) are taught.

**Term One:**
- Sept. 08 – Oct. 02: Rugby
- Oct. 05 – Oct. 30: Badminton
- Nov. 02 – Nov. 27: Wrestling

**Term Two:**
- Nov. 30 – Dec. 18: Dance
- Jan. 04 – Feb. 05: Gymnastics
- Feb. 10 – Mar. 04: Volleyball

**Term Three:**
- Mar. 07 – Apr. 15: Active Health
- Apr. 19 – May 06: Track & Field
- May 09 - Jun. 03: Softball
- Jun. 06 – Jun. 24: Minor Games

B. Assessment / Evaluation Criteria
Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.

**Marks will be based upon:**
- Skills or Psychomotor Testing = 40%
- Knowledge or Cognitive Testing = 10%
- Fitness Testing = 10%
- Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. **Behavioral Expectations**

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. **Psychomotor and Cognitive Tasks**

**Term 1:**
**Rugby:** Pass/Spiral (10), Kick/Punt (10), Written (26).

**Badminton:** Short Low Serve (10), Overhead Clear (12), Written (25).

**Wrestling:** Double Leg/Stance (8), Half Nelson (12), Written (20).

**Term 2:**
**Dance:** Participation/R.O.A.R.S. (20).

**Gymnastics:** Parallel Bars (10), Rings (10), Vaults (10), Floor Routine (15), Written (20).

**Volleyball:** Volley (10), Forearm Pass (10), Serve (10), Written (22).

**Term 3:**
**Active Health:** Fitness Circuit (10), Universal Gym (20), Notebook (20), Written (50).

**Track & Field:** Long Jump (10), Shot Put (10), 80 Metre Sprint (10).

**Softball:** Hitting/Run (10), Catching (10), Throwing (10), Written (30).
Name of course: Physical Education 9 (Girls)

Name of teacher: Mr. Hughes

A. Description of Course Content
   This course provides students with an introduction to a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules, and positive behavior (R.O.A.R.S) are taught.

   **Term One:**
   Sept. 08 – Sept. 18
   Sept. 21 – Oct. 16
   Oct. 19 – Oct. 30
   Nov. 02 – Nov. 27
   Field Hockey
   Basketball
   Circuit Training
   Wrestling

   **Term Two:**
   Nov. 30 – Dec. 18
   Jan. 04 – Feb. 05
   Feb. 10 – Mar. 04
   Dance
   Gymnastics
   First Aid

   **Term Three:**
   Mar. 07 – Apr. 15
   Apr. 19 – May 06
   May 09 - Jun. 03
   Jun. 06 – Jun. 24
   Pickleball
   Track & Field
   Soccer
   Minor Games

B. Assessment / Evaluation Criteria
   Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.

   **Marks will be based upon:**
   Skills or Psychomotor Testing = 40%
   Knowledge or Cognitive Testing = 10%
   Fitness Testing = 10%
   Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. **Behavioral Expectations**

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. **Psychomotor and Cognitive Tasks**

**Term 1:**
- **Field Hockey:** Passing/Receiving (10), Game Play (10), Written (20).

- **Basketball:** Passing (10), Lay Ups (10), Dribbling (10), Set Shots (10), Written (30).

- **Circuit Training:** Work Out Log (20).

- **Wrestling:** Cross Ankles (10), Half Nelson (10), and Written (20).

**Term 2:**
- **Dance:** Participation (20).

- **Gymnastics:** Written (20), Floor Routine (24), Balance Beams (15), and Vaulting (15).

- **First Aid:** Practical (15), and Written (32).

**Term 3:**
- **Pickleball:** Serve (10), Doubles Tournament (10), and Written (20).

- **Track & Field:** Discus (15), Javelin (15), High Jump (15), and Relays (10).

- **Soccer:** Dribbling (10), Passing (10), Shooting (10), and Written (35).

E. **Enrichment Fee**

$10.00 payable to Sir Charles Tupper to cover St. John’s Ambulance First Aid Certification and bowling.
Name of course: Physical Education 9 (Boys)

Name of teacher: Mrs. K. Irvine/ Mr. Campbell

A. Description of Course Content
This course provides students with an introduction to a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules, and positive behavior (R.O.A.R.S) are taught.

Term One:
Sept. 08 – Oct. 09  Rugby/Soccer
Oct. 12 – Oct. 30  Active Health
Nov. 02 – Nov. 27  Wrestling

Term Two:
Nov. 30 – Dec. 18  Dance
Jan. 04 – Feb. 05  Gymnastics
Feb. 10 – Mar. 04  Pickleball

Term Three:
Mar. 07 – Apr. 15  First Aid
Apr. 19 – May 13  Basketball
May 16 - Jun. 03  Track & Field
Jun. 06 – Jun. 24  Minor Games

B. Assessment / Evaluation Criteria
Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.

Marks will be based upon:
Skills or Psychomotor Testing = 40%
Knowledge or Cognitive Testing = 10%
Fitness Testing = 10%
Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. Behavioral Expectations
Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. Psychomotor and Cognitive Tasks

Term 1:
**Soccer:** Dribbling (10), Passing (10), Shooting (10), Game Play (10), Written (25).

**Active Health:** Quizzes (20), Work Out Log (20), Written (25).

**Wrestling:** Cross Ankles (10), Half Nelson (10), Written (20).

Term 2:
**Dance:** Participation (20).

**Gymnastics:** Parallel Bars (10), Rings (10), Vaults (10), Floor Routine (15), Safety (20).

**Pickleball:** Serve (10), Doubles Tournament (10), Game Play (10), Written (20).

Term 3:
**First Aid:** Practical (15), Written (32).

**Basketball:** Passes (10), Lay Ups (20), Dribbling (10), Set Shots (10), Written (30).

**Track and Field:** High Jump (15), Javelin (15), Relays (10)

E. Enrichment Fee

$10.00 payable to Sir Charles Tupper to cover St. John’s Ambulance First Aid Certification and bowling.
Name of course: Physical Education 10 (Girls)

Name of teacher: Mrs. K. Irvine

A. Description of Course Content
This course provides students with a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules and positive behaviour (R.O.A.R.S) are taught. The focus of the course is to introduce students to a greater variety of individual and dual activities.

Term One:
Sept. 08 – Oct. 02  Rugby
Oct. 05 – Oct. 30  Volleyball
Nov. 02 – Nov. 27  Active Health

Term Two:
Nov. 30 – Dec. 18  Dance
Jan. 04 – Jan. 22  Yoga/Pilates
Jan. 25 – Feb. 12  Creative Dance
Feb. 15 – Mar. 11  Archery

Term Three:
Mar. 29 – Apr. 15  Golf
Apr. 19 – May 13  Tennis
May 16 – Jun. 03  Lacrosse
Jun. 06 – Jun. 24  Minor Games

B. Assessment / Evaluation Criteria
Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.
Marks will be based upon:
Skills or Psychomotor Testing = 40%
Knowledge or Cognitive Testing = 10%
Fitness Testing = 10%
Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. **Behavioral Expectations.**

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. **Psychomotor and Cognitive Tasks.**

**Term 1:**
- **Rugby:** Pass/Spiral (10), Kick/Punt (10), Game Play (10), Written (25).

- **Volleyball:** Serve (10), Overhead Volley (10), Forearm Pass (10), Game Play (10), Written (42)

- **Active Health:** Work Out Log (20), Quizzes/Test (60).

**Term 2:**
- **Dance:** Participation/R.O.A.R.S. (20).

- **Yoga/Pilates:** Participation/R.O.A.R.S. (20).

- **Creative Dance:** Participation/R.O.A.R.S. (30), Presentation (30).

**Term 3:**
- **Community Facilities:** R.O.A.R.S. (10)

- **Golf:** Chipping (10), Pitching (10), Full Swing (10), and Written (40).

- **Tennis:** Forehand/Backhand (10), Serve (10), Game Play (10), Tourney (10), Written (30)

- **Lacrosse:** Passing (10), Shooting (10)

E. **Enrichment Fee**

$15.00 payable to Sir Charles Tupper to cover a dance instructor, golf and the community facilities field trips.
Name of course: Physical Education 10 (Boys)

Name of teacher: Mr. M. Barre/ Mr. Campbell

A. Description of Course Content
This course provides students with a wide range of organized physical and cognitive activities in which progressive skills, strategy, fitness, knowledge of rules and positive behavior (R.O.A.R.S) are taught. The focus of the course is to introduce students to a greater variety of individual and dual activities.

Term One:
Sept. 08 – Sept. 11
Sept. 14 – Oct. 02
Oct. 05 – Oct. 30
Nov. 02 – Nov. 27

Term Two:
Nov. 30 – Dec. 18
Jan. 04 – Feb. 05
Feb. 10 – Mar. 04

Term Three:
Mar. 07 – Apr. 15
Apr. 19 – May 13
May 16 – Jun. 03
Jun. 06 – Jun. 24

Minor Games
Flag Football
Tennis
Team Handball
Dance
Active Health
Orienteering
Volleyball
Lacrosse
Golf
Minor Games

B. Assessment / Evaluation Criteria
Assessment will be based on both criterion – referenced and norm – referenced standards that reflect the established goals and learning outcomes of the department.

Marks will be based upon:
Skills or Psychomotor Testing = 40%
Knowledge or Cognitive Testing = 10%
Fitness Testing = 10%
Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).
C. **Behavioral Expectations**

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. It is the student’s responsibility to make up missed work. Extra help is available before or after school.

D. **Psychomotor and Cognitive Tasks**

**Term 1:**

- **Football:** Passing (5), Pass Patterns (10), Written (25)
- **Tennis:** Forehand (5), Backhand (5), Game Play (10), Serves (5) Written (30)
- **Team Handball:** Catch & Shoot (15) & Written (25)

**Term 2:**

- **Dance:** Participation/R.O.A.R.S. (20).
- **Active Health:** Notebook/Worksheets (10), Written (60), Work Out Skills Log (20).
- **Orienteering:** Direction Quiz (10), Practical Test (20), Queen Elizabeth (20), Written Exam (35).

**Term 3:**

- **Community Facilities:** Participation/R.O.A.R.S. (10).
- **Volleyball:** Overhead Pass (7), Forearm Pass (7), Tournament Play (10), Written Exam (32)
- **Golf:** Chipping (5), Pitching (5), Full Swing (5), and Written (15)
- **Lacrosse:** Passing (10), Shooting (10), Receiving (10), Drill (5), Written (20).

E. **Enrichment Fee**

$15.00 payable to Sir Charles Tupper to cover the community facilities field trips.
Name of course: Physical Education 11

Name of teacher: Mr. Hughes/ Ms. Wong

A. Description of Course Content.

This course provides students with the opportunity to study activities taken from the following curriculum organizers: Active Living, Movement and Personal and Social Responsibility (R.O.A.R.S). The students study two in depth activities taken from the Games Category, one from Territorial and one from Net and Wall. The focus is to develop appropriate efficient and effective movement skills and long-lasting skill proficiency. The students will experience and evaluate various activities in the community and outdoors which are oriented to lifetime sports pursuits. A study of the applied knowledge of concepts related to fitness, nutrition, and personal health management, fall under the Active Living Category.

**Term One:**
- Sept. 08 – Oct. 02: Indoor Soccer
- Oct. 05 – Oct. 09: Community Facilities
- Oct. 12 – Oct. 30: Flag Football
- Nov. 02 – Dec. 04: Pickleball

**Term Two:**
- Dec. 07 – Dec. 18: Active Living
- Jan. 04 – Feb. 05: Ringette
- Feb. 10 – Mar. 04: Volleyball

**Term Three:**
- Mar. 07 – Apr. 15: Tennis
- Apr. 19 – May 13: Golf
- May 16 – Jun. 03: Basketball
- Jun. 06 – Jun. 24: Minor Games
B. Assessment / Evaluation Criteria

Marks will be based upon:
Skills or Psychomotor Testing = 40%
Knowledge or Cognitive Testing = 10%
Fitness Testing = 10%
Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).

Term 1:

Indoor Soccer: Shooting (10), Participation (10)
Community Facilities: Personal and Social Responsibility (10)
Flag Football: Pass Patterns (10) & Accuracy Throw (10)
Pickleball: Ground Strokes (10), and Participation (10)

Term 2:

Active Living: Personal Fitness Plan (10), Notebook (20) & Written Test (36)
Ringette: Shooting (10), Passing and Receiving (10), and Written (40)
Volleyball: Participation (25)

Term 3:

Community Facilities: Personal and Social Responsibility (10)
Tennis: Forehand (10), Backhand (10), and Participation (10)
Golf: Swing Analysis (25), and Driving Range (40)
Basketball: Lay-Ups (20), Set Shots (20), Tournament Play (10) & Written (50)

Successful completion of the course also includes participation in all field trips, a passing grade in the First Aid course, and fulfillment of 10 hours of volunteer service to the school.

C. Course Fees

To offset the cost of curricular activities, a fee of $85.00 is charged to each student. **These fees are due and payable by September 30, 2015**

D. Behavioral Expectations

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. The participation mark (40%) is derived from the student’s participation, leadership, cooperation and safety in all aspects of the course. It is the student’s responsibility to make up missed work. Extra help is available before or after school.
Name of course: Physical Education 12

Name of teacher: Mr. P. Hughes/Mr. Barre/ Mr. Desantis

A. Description of Course Content

This course provides students with the opportunity to study activities taken from the following curriculum organizers: Active Living, Movement and Personal and Social Responsibility (R.O.A.R.S). The students study two in depth activities taken from the Games Category, one from Territorial and one from Net and Wall. The focus is to develop appropriate efficient and effective movement skills and long-lasting skill proficiency. The students will experience and evaluate various activities in the community and outdoors which are oriented to lifetime sports pursuits. A study of the applied knowledge of concepts related to fitness, nutrition, and personal health management falls under the Active Living Category. Students will develop skills in the personal and social responsibility (R.O.A.R.S) area through field trips, introduction to leadership skills, and the completion of 15 hours of volunteer service to the school.

Term One:
Sept. 08 – Sept. 11  Minor Games
Sept. 14 – Oct. 02  Soccer
Oct. 05 – Oct. 09  Community Facilities
Oct. 12 – Oct. 30  Team Handball

Term Two:
Nov. 02 – Dec. 04  Pickleball
Dec. 07 – Dec. 18  Active Living
Jan. 04 – Jan. 22  Ringette
Jan. 25 – Feb. 05  Lacrosse
Feb. 08 – Mar. 04  Volleyball

Term Three:
Mar. 07 – Apr. 15  Tennis
Apr. 19 – May 06  Basketball
May 09 – Jun. 03  Outdoor Pursuits
Jun. 06 – Jun. 24  Minor Games
B. Assessment / Evaluation Criteria

**Marks will be based upon:**
- Skills or Psychomotor Testing = 40%
- Knowledge or Cognitive Testing = 10%
- Fitness Testing = 10%
- Personal and Social Responsibility: R.O.A.R.S. = 40% (Including: gym strip attire, effort, leadership, safety, and cooperation).

**Term 1:**
- **Minor Games:** Personal and Social Responsibility (10)
- **Soccer:** Shooting (10) and Team Play (40)
- **Community Facilities:** Personal and Social Responsibility (40)
- **Team Handball:** Catch & Shoot (15), Team Play (20)

**Term 2:**
- **Pickleball:** Tournament Play (20) & Serve (20)
- **Active Living:** Personal and Social Responsibility (40)
- **Ringette:** Shooting (10), and Team Play (40)
- **Volleyball:** Team Play (10), and Participation (40)

**Term 3:**
- **Community Facilities:** Personal and Social Responsibility (40)
- **Active Living:** Research Assignment (50)
- **Tennis:** Serve from Right Court (5), Serve from Left Court (5), Tournament Play (10) & Written (65)
- **Basketball:** Lay-Ups (20), Set Shots (20), Tournament Play (10)
- **Outdoor Pursuits:** Personal and Social Responsibility (40)

C. Course Fees

To offset the cost of curricular activities, a fee of $100.00 is charged to each student. **These fees are due and payable by September 30, 2015**

D. Behavioral Expectations

Students are expected to be in proper physical education attire in order to participate in all classes. If students must be absent, a note from the parent or guardian must be received. The participation mark (40%) is derived from the student’s participation, leadership, cooperation and safety (R.O.A.R.S.) in all aspects of the course. It is the student’s responsibility to make up missed work.