**Middle Years (5-8) Physical Education and Health**

**Course Outline** – 2009/2010

**Teacher** – Mr. D. Moar & Mr. T. Laing

Students will develop knowledge, skills, and attitudes to increase competence and confidence in Physical Education and Health. Students will use a variety of learning experiences that will contribute to physically active and healthy lifestyles.

Students will demonstrate competency in the following areas:

1) ***Movement:***

*The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and*

*cultures.*

2) ***Fitness Management:***

*The student will demonstrate the ability to develop and follow a personal fitness plan for lifelong physical activity and well-being.*

3) ***Safety:***

*The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and in daily living.*

4) ***Personal and Social Management:***

*The student will demonstrate the ability to develop self-understanding, to make health-enhancing decisions, to work cooperatively and fairly with others, and to build positive relationships with others.*

5) ***Healthy Lifestyle Practices:***

*The student will demonstrate the ability to make informed decisions for healthy living related to personal health practices, active living, healthy nutritional practices, substance use and abuse, and human sexuality.*

**Physical Education and Health**

**40% - Daily Work (Social Skills)** - five mark per day evaluation based on the following categories: participation, attitude, work ethic, and changing.

**40% - Activity Units** – skill, work ethic and participation evaluation on the following units:

 Term 1 – Cross country, Soccer, Football, Volleyball, Fitness, Basketball

 Term 2 – Team Handball, Wrestling, Gymnastics, Dance, Fitness

 Term 3 – Badminton, Lacrosse, Rugby, Track & Field, Fitness, Baseball

 Mini-units – LOGS, Golf, Rugby, Field Hockey

**20% Health** – one class per cycle covering the following topics:

 1) Developing Personal and Social Management Skills

* Self awareness/self-esteem, goal setting, decision making and problem solving
* Social responsibility, relationships
* Feelings and emotions, stress and stress management

2) Safety

* Internet Safety, community safety awareness, community supports and services

3) Develop Healthy Lifestyle Practices

* Benefits of physical activity, fitness and a well balanced diet.
* Illness/Disease prevention