

**Catholic District School Board of Eastern Ontario
Notre Dame Catholic High School**

Course Title:	Grade 9 Physical Education
Course Code:	PAF 10
Credit Value:	1
Area of Study:	Physical and Health Education
Suggested Prerequisite(s):	Grade 8 Physical Education
Number of Scheduled Hours:	110
Facilitator(s):	Mr. Cordick/Mr. Quick/Ms. Bovaird
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Date of Preparation:	September 2009.
Ministry Guidelines:	Physical and Health Education Intermediate Division /78 Health and Physical Education, The Ontario Curriculum
Text(s):	Glencoe Health, A Guide to Wellness Additional Resources

COURSE DESCRIPTION:

This course emphasizes regular participation in a variety of physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, safety and injury prevention. They will investigate issues related to healthy sexuality, causes of abuse and violence, the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, social skills and resources.

RATIONALE/ REAL LIFE CONNECTORS:

Through Healthy Active Living Education students learn to appreciate the health and well-being of the entire person from a physical, social, emotional, and intellectual and spiritual perspective. Students gain respect for the many ways and levels in which we have all been gifted by God. It encourages respect for the dignity and welfare of self and others.

LEARNING EXPECTATIONS:

By the end of the course, students will:

- 1 Demonstrate personal competence in applying movement skills and principles
- 2 Demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sports activities.
- 3 Participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage life-long participation
- 4 Demonstrate improvement in personal health- related physical fitness
- 5 Demonstrate safe practices regarding the safety of themselves and others

CATHOLIC GRADUATE EXPECTATIONS:

- 1 A discerning believer in the Catholic faith
- 2 An effective communicator
- 3 A reflective and creative thinker
- 4 A self-directed, responsible, life-long learner
- 5 A collaborative contributor
- 6 A caring family member
- 7 A responsible citizen

COURSE EVALUATION:

Course Assessment

Student Achievement will be based on the achievement chart categories outlined below and in individual demonstration for specific expectations. Achievement chart categories will be posted in the classroom for greater awareness and understanding of assessment. All major assignments will be evaluated using levels. Grades will be determined using the students' most consistent and most recent level of achievements. For the purposes of reporting, the percentages grade range will correspond to the following levels as defined by the Catholic District School Board of Eastern Ontario:

Level	Mark Code	Level	Mark Code	Level	Mark Code	Level	Mark Code
4++	98/ 100						
4+	94	3+	79	2+	69	1+	59
4	86/ 90	3	75	2	65	1	55
4-	82	3-	72	2-	62	1-	52

THE ACHIEVEMENT CHART FOR HEALTHY ACTIVE LIVING EDUCATION:

The achievement chart identifies four categories of knowledge and skills in Healthy Active Living Education- Knowledge/ Understanding, Thinking/ Inquiry, Communication, and Application. The achievement chart provides a standard province-wide method for teachers to use in assessing and evaluating their students' achievement. Each achievement chart has descriptions of the levels of achievement for each of the four categories of knowledge and skills. Level 3 is the provincial standard. The achievement chart helps determine, towards the end of a course, the students most consistent level of achievement of the curriculum expectations as reflected in his or her course work.

UNITS OF STUDY:

Activity Component

Approx. Duration

Introduction to Fitness	2 weeks (select days throughout term)
Tennis	3 weeks
Race Preparation	2 weeks
Co-op Games	3 weeks
Self Defense	2 weeks
Badminton	2 weeks
Snow Shoeing	2 weeks
Ultimate Frisbee	1 week
Health Units	6 weeks

Health Component:

Safety, First Aid, and CPR
Human Sexuality and Relationships
Substance Use and Abuse
Conflict Resolution, Decision Making
Healthy Eating

COURSE EVALUATION:

Formative Evaluation: Formative evaluation is used to measure students' learning skills and as a means of diagnostic assessment to improve learning.

Summative Evaluation: 70%

Knowledge and Understanding
Thinking/ Inquiry
Application
Communication

Summative: 30%

FINAL EVALUATION

- 1) Essay- 10%
- 2) Practical Exam- 10%
- 3) Portfolio- 10%

TOTAL: 100%

Medical Exemptions:

Due to the nature of physical education, students with illness or injury may be present in class but unable to participate in gym class.

- A) Short Term Illness/ Injury: Students who must be excused from gym class for one day must bring a note from home explaining the situation. (an assignment will be provided)
- B) Extended Illness/ Injury: Students with illness of injury for an extended period of time must obtain a medical certificate from their doctor stating the nature of the injury of illness and the length of time the student will remain out of physical activity. A mutual arrangement will be made between student and teacher regarding make-up assignments.

COURSE EXPECTATIONS:

Each student in this course is expected to:

1. Come to class with textbook, notebook, paper, pencil, eraser, ruler, calculator
2. Be on time for class. Chronic lateness will be dealt by Administration.
3. Keep the room in order; ie: no writing on desks, no eating in the classroom, push in your chair when you leave the room.
4. Maintain a notebook: -each note dated, homework recorded in the notebook or agenda book.
5. Catch up on all missed work due to absence. This is YOUR responsibility.
6. Everyone has the right to silence while writing a test. Please be respectful of others.
7. Students are expected to be present for all their tests. Should a student be involved in a school approved extra- curricular activity on the day of a test, it becomes the responsibility of the student to inform the teacher well in advance so that arrangements may be made for a make-up test.
8. Ask for help when you are experiencing difficulty.
9. Hand in assignments when they are due. Students will be given the opportunity to complete any missed work due to legitimate absence. However, it is the **student's responsibility** to find out what has been missed and make arrangements for completion. Under no circumstances will a make-up test be given to a student who has skipped a test.
10. Read and understand the school late policy (titled "Notre Dame CHS Completion Contract")

NOTE:

***The above expectations will be continually monitored throughout the course.
I, _____ have read and understood the expectations
(student)
outlined in the Grade 9 Healthy Active Living Program.

Parent/ Guardian: Please be aware of the expectations set for your son/ daughter in this course. If you have any questions, please do not hesitate to contact the Physical Education Department at 253-4700 (ext 112)

Sincerely,

Mr. Glen Cordick
Notre Dame Physical Education Department

Parent/ Guardian Signature: _____

Date: _____

Comments: _____

Policy for Assignment Deadlines

Under the new policy, there will be two procedures for students unable to meet assignment deadlines:

1) Pre-Approved Extension Policy

Students who feel they will be unable to meet an assignment deadline will need to negotiate a new deadline under the following terms:

- a) The student must complete a Pre-Approved Late (P.A.L.) form. This **MUST** include a parent signature as well as email and phone contact information. These forms are available on the school website, in student services and in the main office.
- b) The student must demonstrate they have some components of the assignment complete/attempted.
- c) The student must present the first two items to the classroom teacher a minimum of **one** day prior to the due date¹.

Once the student has produced his/her signed contract as well as the attempt at the assignment, the teacher and student will negotiate a new deadline that will allow the student time to complete the assignment and ensure submission in a timely fashion. The teacher will then make parent contact (email or phone) to communicate the new deadline. If the assignment is submitted on the agreed upon date, full marks will be given. If a student fails to submit the assignment on the agreed upon date, **(2) Late Assignment Policy** will apply.

¹ Failure to negotiate a Pre-Approved Extension (one day prior) due to excused absences for sports, extra-curricular activities, doctor's appointments, etc. will result in a Pass/Fail on the assignment should the deadline be missed. Students in these circumstances will need to negotiate prior to missing class. In the case of illness on the negotiation day or the due date, the parent must **directly** contact the classroom teacher to make arrangements.

2) Late Assignment Policy

If a student misses an assignment deadline without negotiating a Pre-Approved Extension or defaults on an extended deadline, the following will apply.

They will be given a Pass (P), Fail (F), or Incomplete (I) based on the work they submit. A "P" will be given if the submitted work meets curriculum expectations. The "P" will not prevent a student from earning his/her credit. However, having more than one "P" in a single course will result in a lower overall grade. An "F" will be given if the work submitted does not meet curriculum expectations. An "I" will be given if the assignment is not submitted at all. Both an "F" and an "I" may put a student's credit at risk.

A student who fails to meet a submission deadline will be required to work on the incomplete assignment in **mandatory** Lunch Study Hall (Rm. 144). Study Hall will begin the day after the assignment was due and the work must be submitted within one week of the original (or renegotiated) due date, at the discretion of the teacher. It is expected that the student will continue to work on the assignment outside of school hours, where appropriate, in addition to lunch study hall in order to meet the new deadline. At the end of the week, the student will receive an "I" if nothing is submitted or an "F" if what they submit still does not meet curriculum expectations. If the assignment meets curriculum expectations, the student will receive a "P" which cannot prevent them from earning the credit. If a student skips study hall, they will automatically be assigned an "I" and the parent will be contacted by the Student Success Team.