**Physical Education 10**

***This is a participation based course that requires each student to have and change into proper gym clothes and footwear for each and every class in the gym or outdoors.***

**Participation Mark – 50%** - Each and every day students will receive a mark out of 5 for the following: Proper attire, effort, participation, being on time, following gym rules, good sportsmanship, respecting others, ability to follow game rules, assisting the teacher and performing a predetermined goal or outcome.

**Fitness – 30%** - During the term fitness tests will be done to determine the fitness level of the student for their age group. Mark will be based on standardized testing results and improvement over the semester. (Beep test, push-ups, sit-ups, 12 minute swim, etc…)

**Classroom – 20%** - Classroom days will occur 1 day a week. Assignments, projects and class work along with a neatly kept and up to date notebook will determine this portion.

**Units to be covered:**

Fitness: Individual fitness plans and goals will be set and monitored during the semester

Invasion games: soccer, basketball, floor hockey, lacrosse, rugby, flag football, ultimate Frisbee…etc

Net/Wall Games: badminton, tennis, volleyball, etc…

Striking/Fielding Games: softball, soccer baseball, etc…

Target Games: archery, golf, etc…

Dance

Adventure: challenge course, indoor climbing wall, geo-caching

Swimming