

# Physical Education Grade 9 Course Outline 2009 - 2010

Physical Education is a mandatory course offered to all Grade 9 students. The course is offered through out the entire school year and is scheduled 3 times during the 7 day cycle. Through the instruction of various activities the development of a positive self-esteem, leadership, decision making and the personal responsibility for social and physical growth is stressed. The following themes must be covered:

Alternative  
Court and Field  
Fitness  
Leadership  
Outdoor  
Rhythmic

Evaluation Outline for Grade 9:

Participation: 65%  
Fitness: 20%  
Written Assessments: 15%

Changing into athletic attire is very important for hygiene reasons so the participation mark depends on the student being present and with a change of clothes. Skill level is not only based on their ability to perform skills but also on their social interaction within the class. The written assessments evaluates the students knowledge of rules for certain activities they participate in. The rules are gone over in class and hand-outs are available.

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