

ST. FRANCIS XAVIER HIGH SCHOOL



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Physical Education Department 2021-22

Physical Education 20
Google Classroom Code: ezzu3gl

2021-2022 School Year
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General Outcomes

The aim of the physical education program is to enable individuals to develop the knowledge, skills, & attitudes necessary to lead an active, healthy lifestyle. Participation in physical activity contributes to physical, mental & social well-being providing benefits to the individual & the community. Students will meet the aim of the physical education program, to lead an active, healthy lifestyle, if they have developed a desire to participate regularly in physical activity. To meet the aim of the program, a variety of movement experiences are provided in different dimensions which strive to develop physical literacy & to provide multiple opportunities for participation. From these foundations, we develop specific learning outcomes within the course which guide the evaluation process.

Alberta Learning Outcome	General Objective	Outcome Criteria
Outcome A - Activity	Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities & activities in an alternative environment	<ul style="list-style-type: none">• Basic skills (locomotor, non-locomotor, manipulative)• Application of basic skills in an alternative environment
Outcome B – Benefits Health	Students will understand, experience & appreciate the health benefits that result from physical activity	<ul style="list-style-type: none">• Functional fitness• Body image• Well-being
Outcome C - Cooperation	Students will interact positively with others	<ul style="list-style-type: none">• Communication• Fair Play• Leadership• Teamwork
Outcome D – Do it Daily for Life	Students will assume responsibility to lead an active way of life	<ul style="list-style-type: none">• Effort• Safety• Goal Setting/Personal Challenge• Active Living in the Community

Student Evaluation

There is 1 reporting period & marks are cumulative. Therefore, 100% of the semester's final grade will be a collection of assessments from the ABCD outcomes covered throughout the semester. Students will be assessed regularly on one or



more of the specific outcomes. *Students must successfully complete Physical Education 10 (minimum 50% final grade) in order to obtain a High School Diploma.*

“A wide range of assessment information is used in the development of a student’s final grade. At St. Francis Xavier Catholic High School, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. It should also be noted that not all assignments are used to determine the final grade and that scale factors may be used to determine the weight of individual assignments”

Classroom Policies

Attendance – as participation is a large component of the Physical Education curriculum, students are required to attend all classes. Unexcused absences will not be tolerated. A parent/guardian must call in to excuse their son/daughter from class. Excused absences can be made up; please discuss make-up class options with your PE teacher.

Dress – students are required to be changed into appropriate clothing including: running shoes, athletic bottoms and an *FX T-shirt*. All jewelry should be removed and long hair tied back. Students are expected to be prepared for weather, both indoor & outdoor clothing should be available at all times. Mobile devices are not to be used during class.

Lockers – students will be assigned a locker with a combination lock. These combinations should not be shared with peers. All valuables should be stored in this locker or their main locker during the Phys-Ed block. Should an item kept outside the locker go missing during a class period, St. Francis Xavier will *not* be held responsible for these items.

Activity List

A variety of physical activities will be introduced in each course level. Activities introduced may include but are not limited to the following:

Volleyball	Basketball	Soccer	Floor Hockey	Handball
Tennis	Slo Pitch	Aquatics	CPR	Lacrosse
Flag Football	Flag Rugby	Dance/Social Dance	Gymnastics/Cheer	Badminton
Pickleball	Ultimate Frisbee	Bowling	Track	Hockey
Skating	Broomball	Indoor Soccer	Weight Training	Yoga
Flyback	Bowling	LOG	Zumba	Yard Games
Wall Climbing	Biking	Orienteering	Hiking	Canoeing

**Not all activities listed will be introduced in each course level*

PE 20 Fieldtrips – swimming, indoor soccer, bowling, rink, curling, wall climbing, cycling

