



PHYSICAL EDUCATION 10

PED1445

4 Credit Course

Course Overview	The aim of the physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.
Prerequisite	<i>Please refer to Alberta Education's Provincially Authorized Senior High School Courses and Course Codes Document</i>
Required Materials & Resources	<ul style="list-style-type: none"> Phys Ed Schedule
Learning Outcomes	<p>The student will:</p> <ul style="list-style-type: none"> A. acquire skills through a variety of developmentally appropriate movement activities: dance, games, gymnastics, individual activities and activities in an alternative environment B. understand, experience and appreciate the health benefits that result from physical activity C. interact positively with others D. assume responsibility to lead an active way of life
Note	<i>Within Alternative Education all teachers are required to follow a common course outline and gradebook set up.</i>
Assessment	<p>The student's grade is determined by the knowledge the student has acquired based on the program of studies and the skills the student is able to show in articulating his or her knowledge.</p> <p>The student's grade will be calculated based on the following:</p> <p>Coursework – 100%</p> <p><i>*There is no final exam for this course</i></p>
Topics of Study	<p>In order to achieve 4 credits, students must participate in 15 activities in consideration of the following themes:</p> <p>THEMES</p> <p><i>Activity: Skill Evaluation/ Participation</i></p> <p><i>Benefits of Health: Student Reflection</i></p> <p><i>Cooperation: Communication/ Fair Play</i></p> <p><i>Do It Daily for Life: Effort/ Personal Challenge</i></p>
An Important Note About Assessment	A wide range of assessment information is used in the development of a student's final grade. Within Alternative Education, individualized assessments provide specific information regarding student progress and overall performance in the course. Student assessments may vary from student to student to adapt to differences in student needs, learning styles, preferences and paces. The teacher will apply best teaching practices to determine appropriate assessment.

TEACHER'S CONTACT INFORMATION:

Teacher's Name:	
Teacher's Phone Number:	
Teacher's Email Address:	