10 HEALTH & PHYSICAL EDUCATION I  
Teacher: Corey Gray

Course Description
Students will develop the skills and knowledge necessary for participation in a broad range of sports. Core units include dance, fitness, courts, field, indoor, cross country and health.

Learning Outcomes

PHYSICAL ACTIVITY AND SPORTS UNITS
- Demonstration of skill development/improvement
- Demonstration of knowledge and application of rules and concepts
- Student uses participation to instruct, train or include others

HEALTH STUDIES
- Demonstration of knowledge and understanding of topics
- Contribution to class activities
- Completion of Assignment and written work

DANCE
- Demonstration of skills
- Social development

FITNESS
- Demonstrate an improved level of fitness
- Level of participation
- Understands and applies strategies that address hygiene, health and safety in Physical Education

Work Practice Outcomes

- Comes prepared for class
- Displays acceptable behaviour
- Works cooperatively
- Displays a positive attitude

Materials Required

Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/track suit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible.

Typical Homework

Students are required to catch up on any missed work and devote some time to assignments and test preparation during the health unit.

Assessment Items

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compliance with strategies that addresses hygiene, health and safety</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Skill Development</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Participation, teamwork, contribution</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Knowledge of rules and objectives</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Class contribution and bookwork</td>
<td>Week 6-10</td>
</tr>
<tr>
<td>Health Test</td>
<td>Week 8</td>
</tr>
<tr>
<td>Health Assignment</td>
<td>Week 8-10</td>
</tr>
</tbody>
</table>