9 HEALTH & PHYSICAL EDUCATION I  
Teacher: James Mackenzie

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/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

**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**

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<thead>
<tr>
<th>Assessment Items</th>
<th>Due Date</th>
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<tr>
<td>Compliance with strategies that addresses hygiene,</td>
<td>Ongoing</td>
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<td>health and safety</td>
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<tr>
<td>Skill Development</td>
<td>Ongoing</td>
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<td>Participation, teamwork, contribution</td>
<td>Ongoing</td>
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<td>Knowledge of rules and objectives</td>
<td>Ongoing</td>
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<td>Class contribution and bookwork</td>
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<tr>
<td>Health Test</td>
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<td>Health Assignment</td>
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