**St. Mary’s Catholic School**

**Physical Education 8 Course Outline**

**Mrs. Weber**

**Marks Breakdown:** Skills (skill improvements, tactical knowledge and game performance)..........10%

Cooperation (attitudes towards activity, self, others and safety)...........40%

Do it Daily! (includes being on time, attendance, changed, effort)…....…..30%

Benefits Health (includes improvements and being a physically active person)......20%

**Teacher Contact Information:** Phone: (587) 297-6042

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| Month | Units | Additional Information |
| September | Cooperative Games  Volleyball  Soccer/Touch Football  Orienteering and outdoor education I | Weather permitting; we will try to be outside as much as possible this month. Be prepared to go outside (that means bringing a sweater or sweatpants) |
| October | Yoga  Walking/Jogging – Running clinics  Pickelball | If you can borrow a yoga mat, or have one, bring it to class for the Yoga unit. |
| November | Team Handball  Circuit Training  Aerobics |  |
| December | Basketball  Dance – Rhythmic and creative |  |
| January | Gymnastics   * Rhythmic * Educational   Badminton |  |
| February | Badminton/Pickleball  Dance – Around the world | If students have their own raquets they should bring to class. |
| March | Floor Hockey-type games  Circuit Training/Aerobics II (Crossfit)  Scoopball |  |
| April | Games   * Creative or novel games   Track and Field |  |
| May | Rock Climbing  First Aid  Ultimate Frisbee |  |
| June | Slowpitch  Kickball  Orienteering and outdoor education II |  |

* Note: The Units outlined above are a tentative schedule and may be subject to change or alterations!

**Assessment and Evaluation:**

You will be assessed using a number of different tools. These will include, but not be limited to:

* Rubrics
* Analytic Rating Scales
* Checklists
* Peer-evaluation
* Self-evaluation
* Demonstrations
* Journals
* Conferences

**The expectations for this class are that you:**

* Show up on time, change and ready to go
* Have a positive and respectful attitude towards me, your peers and yourself
* Demonstrate your best effort on any given day
* Be willing to sweat!

**MOST IMPORTANTLY: HAVE FUN EVERY DAY!!!!**

I look forward to a fun, sweaty, and exciting year together in the gym with you!

- Mrs. Weber