

WELCOME TO ISAAC NEWTON'S  
JR. HIGH PHYSICAL EDUCATION!!

TEACHERS: MR. FAST & MISS PUHAWAN  
(MR. SANTOS)

***BLAZERS***

**HOME OF THE**

Welcome to the most fun and exciting place in Isaac Newton  
School, THE GYM!!



Isaac Newton School  
**GRADE 9 COURSE OUTLINE**  
**PHYSICAL & HEALTH EDUCATION**  
**2018-2019**

Based on the Manitoba PE/HE Curriculum

This is a full-credit COMPULSORY course necessary for graduation. Students in grades 9 will be given a numeric grade based on how well they meet the Learning Outcomes. The aim of our program is to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles. The combined Physical Education/Health Education (PE/HE) curriculum in Manitoba was designed to address the 5 major health risks for children and youth. They are:

- Inadequate physical activity
- Unhealthy dietary behaviours
- Drug use, including alcohol and tobacco
- Sexual behaviours that result in STI's and unintended pregnancies
- Behaviours that result in intentional and unintentional injuries

Curriculum content is organized within the following 5 General Learning Outcomes (GLOs):

- Movement
- Fitness Management
- Safety
- Personal and Social Management
- Healthy Lifestyle Practices

The Isaac Newton PE/HE program offers students instruction in the following categories:

- Individual/Dual Sports Games - ie. Track & Field, Badminton, Pickleball, Speedminton
- Team/Group Sports Games - ie. Basketball, Volleyball, Slo-Pitch, Tchoukball, LOGs
- Alternative Pursuits - ie. Yoga, Dance, Swimming
- Rhythmic Activities - ie. Dance, Yoga, HIIT (High Intensity Interval Training)
- Fitness Activities - ie. Fitness Center, Circuits, Runs, Power Walking, Corporate Relay
- Health - Nutrition, First Aid, Family Life, Substance Use & Abuse, Self-Esteem

Due to the fact that Physical Education is a participation based class, attendance is of the utmost importance, and students are expected to participate to the best of their ability. Students are expected to have appropriate footwear and apparel for the designated activities, and if not, we will have supplies for them to borrow.

\*NOTE: Isaac Newton School is NOT responsible for lost or stolen items. Please DO NOT leave valuables in change room (Unlocked) or Kitchen (locked). Leave them at home or in your locker

# ISAAC NEWTON PHYSICAL EDUCATION OUTLINE 2018-2019

DATE	ACTIVITY	DATE	ACTIVITY
Sep. 4-7	orientation/1600m run (15mins)	Jan. 28-Feb 1.	Sabakiball/Flickerball/Spe edball
sep. 10-14	LOGS/Ultimate Football	Feb. 19-22	Beep Test 2/LOGS
Sep. 18-21	Flag FB/Outdoor Soccer	Feb. 25-Mar. 1	Recess Games
Sep. 24-28	Outdoor Soccer	March 4-15	Floor Hockey
Oct. 1-5	YOGA/ Fitness Room	March 18-22	Floor Hockey/LOGS
Oct. 9-12	Tripleball/Volleyball/walleyball/ Two Bounce VB	April 1-5	Beep Test #3/LOGS
Oct. 15-18	Tripleball/Volleyball/walleyball/Two Bounce VB	April 8-18	Tchoukball
Oct. 22-26	Tripleball/Volleyball/walleyball/Two Bounce VB	April 22-May 10	Track & Field
Oct. 29- Nov. 2	Beep test 1/LOGS	May 13-16	1600m Run/ Fitness Testing
Nov. 5-9	Basketball	May 17	IN Track & Field Day
nov. 12-16	Basketball	May 21-May 31	Ultimate
Nov. 19-23	Basketball/LOGS	June 3-14	SLO Pitch/Around the World/ Long Ball
Nov. 26-30	LOGS - Tag games - YOSHI/Prisoner's base/Mission Impossible Tag/Blob Tag/Colours	June 17-21	EXAM WEEK
Dec. 3-7	Fitness Testing (corporate relay)/LOGS	June 25	Athletic Banquet
Dec. 10-14	YOGA/ Fitness Room		
Dec. 17-21	LOGS Target games- Junkyard/Dodgeball/Lineball/Rampa ge/X's&O's/Swampball		
Jan. 7-25	Badminton/Table Tennis/Pickleball		

\*Swimming Lessons will also be part of your Phys. Ed. Course. Participation is required for full marks

\*Dates and activities are subject to change. This is used as a guideline ONLY.

## CLASSROOM PROCEDURES

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- Classes are 55 minutes
- Arrive and change immediately
- Students have 5 minutes to change
- Active free time
- Equipment clean up & sit in assigned area for attendance
- Warm-up activity
- Daily lesson
- 5 minutes to change prior to next class
- Remain in the gym until dismissed

## BEHAVIOUR EXPECTAITONS

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- Be Respectful
  - Of each other
  - Of the teacher
  - Of yourself
  - Of the equipment
- Be Your Best
- HAVE FUN!

# PARTICIPATION & COOPERATION

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Each student is expected to participate fully, giving their best effort. Full marks will be awarded for excellent participation and cooperation during class activities. This includes a proper warm-up, focused on skill and fitness improvement, lead-up games and during game play. All students are expected to bring proper P.E. clothing (shorts/sweats, t-shirt and runners) to class. There will be extra P.E. clothing available for special circumstances.

## 100% P.E. MARK BREAKDOWN

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### ➤ 80% Phys. Ed

- 60% *DAILY MARK (see rubric on next page)*
  - Teacher Assessment - Participation and Cooperation in class
  - Movement/Skills, Safety, Personal & Social Management, and Fitness Management
- 20% *SKILLS TESTS/ FITNESS TESTS*
- 10% *PEER EVALUATION*
- 10% *SELF-EVALUATION*
- *BONUS MARKS - (scorekeeping, reefing, canteen, good deeds)*

### ➤ 20% *HEALTH MARKS*

## Phys-Ed Self/Peer Evaluation

The following criteria will earn the corresponding mark.

5	Excellent participation in all activities Demonstrates hard work in improving skills Always listens and follows directions Always cooperative Is prepared with proper Phys. Ed. equipment every class Arrived on time for every class
4	Good participation in activities Is involved in improving skills most of the time Listens well and usually follows directions Very cooperative Is prepared with proper Phys. Ed. Equipment every class Arrived on time every class
3	Adequate participation Satisfactory effort at improving skills Usually listens Usually follows directions Sometimes distracted Is prepared with proper Phys. Ed equipment for all but one class Arrived late for at least one class
2	Inconsistent participation Inconsistent effort at improving skills Has difficulty listening Easily distracted Is prepared with proper Phys. Ed. equipment for all but two classes Arrived late two or more time during the unit
1	Poor participation Minimal effort Has difficulty listening Has difficulty following directions Easily distracted Is prepared with proper Phys Ed. equipment for all but three classes Arrived late for two or more classes
0	Unable to participate due to lack of proper Phys. Ed. equipment for three or more classes Chooses not to participate No cooperation with peers and teacher Arrives late consistently

# FOOD & BEVERAGES

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- **NO FOOD OR BEVERAGES** ARE ALLOWED IN THE GYM COURT AREA
- STUDENTS MAY HAVE THEIR SNACKS AND BEVERAGES ON THE STAGE DURING INTRAMURALS ONLY, NOT DURING CLASSES.

# ATHLETICS

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- All students are strongly encouraged to participate on an Isaac Newton Athletic Team.
- We offer:
  - Flag Football
  - Volleyball
  - X-Country
  - Indoor & Outdoor Soccer
  - Basketball
  - Todd Mac. Hoop School
  - Badminton
  - Swimming
  - Fishing
  - Winnipeg Jets Academy
  - Special Olympics
  - SLO Pitch (Softball)
  - Indoor & Outdoor Track & Field
- Everyone who participates on a team is invited to the Athletic Banquet in June!