Mr. Walsh

Grade 9 Health and Physical Education

The goal of the Physical Education and Health for Grade 9 is to promote active living for life through practical (gym) and theory (classroom) teachings. Really to help students learn how to be more active and have a healthy lifestyle.

The course is 90 total days: 45 health (classroom)

  45 practical (gym)

We alternate days in the gym and classroom (room 1119)

Must have Phys. Ed clothes and indoor sneakers and ***everyone*** ***is obligated to participate. Participation in the gym is the key to passing this section.***

 ***\*\* If you forget your clothes you will still participate!! \*\****

Every student is given **one grace** for forgetting their Phys. Ed or sneakers. On the second offence **loss of 3 marks each time** from the students Practical theory mark. Each day in the gym you are graded out of 5 marks.

Breakdown of marks:

Classroom Theory: 35% (plus(+) 20% for exam during exam period)

Practical Theory: 35% (plus(+) 10% for the 12 min run and fitness)

***Chapters covered in Grade 9 Health Theory Part (classroom)***

1) Wellness and Healthy Active Living

2) Setting and Reaching Fitness Goals Alcohol

3) Nutrition and Healthy Eating

4) Types of Drugs and Their Effects

5) Intimacy and Sexual Decision Making:  Sexually Transmitted Infections.

6) Tobacco/Alcohol

\*Classroom Theory is worth 35% of your final mark. This section has tests and a couple of projects.

\*\*Final Exam is worth 20% and covers only the classroom theory section of the course.

***Activities and Sports covered in the Practical Theory Part (gym)***

Cooperative Games; Tchoukball; Fitness/Cardio Training; Volleyball; Basketball; Floor Hockey; Ultimate Frisbee; Badminton; Softball; Kin Ball; Kickboxing and dodge ball.

Each activity is usually about 3-4 classes long, except Cardio Circuit training and Cooperative Games.

Every class will begin with a 12-14 minute walk/run. Every person is required to participate.

**This class is a *pre-requisite* for Grade 10 Health and Phys.Ed, if you FAIL you repeat the class in grade 9 and same for grade 10.**

**Remember this class is supposed to be fun.**

**WHAT YOU PUT INTO THE CLASS IS WHAT**

**YOU WILL GET OUT OF IT.**

**DON'T BRING $$, PHONES, IPODS, LAPTOPS OR ANY VALUABLE
OF ANY SORT.BRING A LOCK WITH A KEY TO USE EACH TIME.**