Mr. Jeffrey

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 80 total days:

40 health(classroom)

  40 practical (gym)

  Sept-Jan

February-June

We alternate days in the gym and classroom (room 1127)

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. Trust me!*

 *\*\* 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: 30% (plus(+) 20% for Final Project)

Practical Theory: 40% (plus(+) 10% for the 12 min run and fitness)

@#\* Reminder: I do have deadlines for projects and assignments to help all of us stay organized and on task.

If any assignment is not handed in your mark will be

***COURSE INCOMPLETE!***

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

1) Tobacco

2) Alcohol

3) Wellness and Healthy Active Living

4) Setting and Reaching Fitness Goals

5) Types of Drugs and Their Effects

6) Nutrition and Healthy Eating

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

\*Classroom Theory is worth 30% of your final mark. This section has
 tests and a couple of projects.

\*\*Final Take Home Project is worth 20% and covers only the classroom theory section of the course. This project replaces an exam so please understand that it will take time and attention to detail.

We use the same textbook for Grade 9/10.

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

Cooperative Games; Tchoukball; Fitness/Cardio Training; Running the trail; Volleyball; Ultimate Frisbee; Badminton; Softball; Kin Ball;

Boot camps, and maybe the odd day of dodgeball.

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.