** Health and Physical Education 8**

**2012-2013**

**Teacher:** Mr. M Patterson

**Course Grade:** Grade 8

**Rationale:** Healthy active living involves a combination of physical activity and appropriate lifestyle choices. Students should begin early on to acquire basic knowledge about a wide variety of health-related topics and to develop relevant skills. They need to understand how their actions and decisions affect their health, fitness, and personal well-being, and how to apply their learning to make positive, healthy decisions in all areas of life and personal development. The school environment can profoundly influence students’ attitudes, preferences, and behaviours.

**Aim:** Through the health and physical education curriculum, students will develop an understanding of the importance of physical fitness, health, and well-being and the factors that contribute to them. They will make a personal commitment to daily vigorous physical activity and positive health behaviours, and also develop basic movement skills required to participate in physical activities throughout their lives. The achievement of the objectives of the health and physical education program will not only enhance each student’s life but will also result in a healthier population. Students’ knowledge of the importance of daily vigorous physical activity will also help them understand how such activity combats health risks such as obesity and heart disease.

**Skills:**

The healthy living skills are organized into three categories:

* Healthy eating includes topics related to nutrition, eating disorders, body image, and dental health;
* Growth and development education is more than simply teaching young people about the anatomy and physiology of reproduction;
* Personal safety and injury prevention are essential components of the healthy living strand.

The movement skills are organized into three categories:

* Locomotion, in which the body moves from one point to another;
* Manipulation, which involves giving force to objects or receiving force from objects;
* Stability, in which the body remains in place but moves around its horizontal or vertical axis.

The active participation skills are organized into three categories:

* Physical activity provides students with a variety of opportunities for increasing their self-esteem and developing positive interpersonal skills and attitudes;
* Physical fitness encourages students to develop such aspects of physical fitness as flexibility, agility, coordination, strength, balance, and cardiovascular endurance;
* Living skills is an integral part of all aspects of the physical and health education.

**Course Overview:**

* Identify the physical, emotional, interpersonal, and spiritual aspects of healthy sexuality;
* Apply living skills to respond to matters related to sexuality, drug use, and healthy eating habits;
* Apply a variety of movement skills in combination and in sequence in physical activities and formal games;
* Apply the principles of movement while refining movement skills;
* Participate on a regular basis in physical activities that maintain or improve physical fitness;
* Apply living skills in physical activities.

**Major Themes:**

1. Unit 1: Fitness Education

* Beep Test, Jogging, Skipping, Gymnastics

1. Unit 2: Physical Education

* Soccer, Football, Volleyball, Basketball, Floor Hockey, Badminton, Track and Field, Ultimate Frisbee, Soccer Baseball

1. Unit 3: Health Education

* Healthy Living, Healthy Choices, Substance Abuse

**Evaluations:**

|  |  |  |  |
| --- | --- | --- | --- |
| **#** | **Assessment** | **Quantity** | **Grade** |
| 1 | Fitness Tests | Personal evaluation on a monthly basis | 25% |
| 2 | Physical Tests | Tests from each unit based on ability | 60% |
| 3 | Health Tests | 3 tests – one from each category | 15% |
|  |  |  |  |

**Schedule:** A long-range plan has been posted on the wall in the classroom with a complete breakdown of every lesson throughout the school year. Located below is a breakdown of each theme throughout the months of the academic year.

*Sept*: Soccer

*Oct*: Football

*Nov*: Volleyball

*Dec*: Volleyball

*Jan*: Basketball

*Feb*: Floor Hockey

*Mar*: Badminton

*Apr*: Track and Field

*May*: Track and Field

*Jun*: Ultimate Frisbee, Soccer Baseball

**Student Attendance:**

Student attendance is vital to the success of this course. Should a student miss a class due to any circumstance, all possible efforts will be made to ensure the material covered will be available to that student.

**Class Rules and Regulations**

Every member of this class is expected to come prepared and on time. Students must bring their textbook, notebook, all other materials that have been specified, and homework to each and every class.

Classroom participation is mandatory and will be evaluated through a variety of methods including: activities, classroom discussion, and homework. Students who struggle with classroom participation may substitute work to compensate for their lack of participation. Furthermore, every opinion and discussion will be received respectfully in class, although some opinions may be challenged.

Homework will be assigned throughout the course to ensure your personal growth. Readings and homework are assigned to stimulate interest in the subject being taught.

A homework or project, which is not completed on the due date, will be accepted late, but may receive a penalty. Exceptional circumstances will be considered and a deadline extension may be granted with no penalty.

Be prepared to work hard and think hard. I look forward to learning with you.

I have read the syllabus for ***Grade 8 Health and Physical Education*** and am in agreement with the working methods, general philosophy, and topics that it proposes.

Student name Date

Student signature Parent signature