

Grade 10 Physical Education/ Health Education

TERM 1 OPTIONS

A	Flag Football	Softball	Volleyball
B	Ultimate	Soccer/Takraw	Team Handball
C	Soccer/Disc Golf	Floor Hockey	Lacrosse
D	L.O.G.'s	Flag Football	Swimming

TERM 2 OPTIONS

A	Badminton	Ice Hockey/Skating	Racquet Sports
B	Basketball	Bowling (\$)	Street Hockey
C	Broomball	L.O.G.'s	Basketball
D	Curling	Badminton	Team Handball

TERM 3 OPTIONS

A	Floor Hockey	Tennis/Golf	Ultimate
B	Badminton	Floor Hockey	Beach Volleyball
C	Wall Climbing (\$)	Basketball	Floor Hockey
D	Curling	Soccer	Flag Football

1) Study the list of options

Example: Term 1, Class A does Football/Softball/Volleyball

- Choose your 1st, 2nd, and 3rd choices for each term (ex: A, B, C, or D)
- Circle one “must have” (only one). (ex: must have Term 2 Option C)

2) Enter your choices on the Selection Sheet

- You will be guaranteed your 1st choice for at least one term.
- If you do not choose 3 options, an option will be chosen for you
- Activities marked with a \$ may require payment to participate
- Only choose

Swimming	IF	you can swim
Ice Hockey	IF	you have skates and a helmet
Golf	IF	you have access to golf

Health Topics

Term 1: Healthy Lifestyle Practices

- Active Living
- Nutrition

Term 2: Responsible Sexual Behaviour

- Healthy Relationships
- Human Sexuality

Term 3: Personal & Social Management

- Substance Abuse
- Stress Management
- Goal Setting

Evaluation

Your health mark will constitute 25% of your mark for each term. The topics will vary according to each teacher. Your teacher will also determine the mark breakdown.

Grade 10 Mark Breakdown

25% Attitude (Cooperation & Sportsmanship)

25% Skill Development

25% Health (breakdown of this mark to be determined by the teacher)

20% Effort & Contribution

5% Participation

M.B.C.I. PHYSICAL EDUCATION

Attitude and Participation Guidelines

- 55% ~ Likes socializing instead of participating
 ~ Often interfering with others
 ~ Often off-task
 ~ Rarely brings gym clothes
- 65% ~ Going through the motions
 ~ Trying to “survive” Phys. Ed. class
 ~ Shows no apparent (attempts at) improvement in physical skills
 ~ Contributes little to team play
 ~ Numerous “excuses” why can’t work hard
 ~ Wears proper gym clothes some of the time
- 75% ~ Exerts good effort
 o IF the teacher is watching
 o IF with friends
 o IF winning
 o IF good at activity
 o IF they like the activity ... iffy effort
 ~ Minimal apparent improvement in physical skills
 ~ Wears proper gym clothes some of the time
- 85% ~ Effort is consistent
 ~ Moves up and down the field/court with game play
 ~ Shows improvement in physical skills
 ~ Works/plays hard consistently
 ~ Wears proper gym clothes most of the time
- 95% ~ Consistently hustles
 ~ Consistently gives top effort
 ~ Consistently uses time efficiently to pursue challenging physical goals
 ~ Consistently changes into gym clothes
 ~ Consistently works to maintain and improve physical skills

M.B.C.I. PHYSICAL EDUCATION GUIDELINES

The following are guidelines that will be implemented in all Physical Education classes this year regardless of the teacher. These guidelines are expected to be followed whether in the Red Gym, Blue Gym, outside fields or off campus activities. They have been established in your best interests and in the interests of our facility.

- ALL jewelry must be removed for classes
(E.g. earring, necklaces, rings, watches, hair clips, etc.)
~ Please remove jewelry before entering the gym and keep it in your lockers for safety. Please note: Your teacher, their office, or the change room is not considered a locker.

- NO outdoor shoes allowed on the gym floor at any time
(This includes break, spares, lunch practices, and classes)
~ Outdoor shoes must be removed in the foyer of the Blue Gym.

- Students are not allowed in the equipment room/under the stage without expressed permission by their teacher.
(If given permission to enter it is expected that the room will remain in the condition that you found it)

- Proper gym attire is expected for each class
(In accordance with M.B.C.I.'s dress code and the nature of Phys. Ed. class)
~ Loose fitting shorts and t-shirt.
~ Dress accordingly for the weather and activity.

Thank-you for your cooperation
M.B.C.I. Phys. Ed. Staff