

GRADE 9 – HEALTH AND PHYSICAL EDUCATION – PPL100

COURSE DESCRIPTION

The main objectives of the Health and Physical Education program are to provide you with the skills and the knowledge to understand, play and enjoy a wide variety of physical activities. It is hoped that you will be encouraged to pursue ACTIVE LIVING, not only in Grade 9, but in all your future years.

The health courses are designed to provide you with the knowledge, skills, and values to make responsible decisions about your health and well-being. The topics include Sexuality, Substance Use and Abuse, Decision Making, CPR, and Self Defense. A wide variety of teaching methods may be employed including both group and individual work, films, videos, other A.V. material, library research and independent study.

Female Activities may include the following:

Dance
Basketball
Badminton
Archery
Volleyball
Gymnastics
Fitness Activities
Flag Football
Field Hockey
Soccer
Softball
Ball Hockey

Male Activities may include the following:

Basketball
European Handball
Volleyball
Floor Hockey
Badminton
Wrestling
Fitness/Circuit Training
Touch Football
Soccer
Rugby
Softball
Lacrosse

PROGRAM ORGANIZATION

The year's program is divided into twelve units of approximately seven 75 minute periods. Each session is evaluated as a complete unit.

FACILITIES

The Physical Education facilities at Woburn Collegiate include two double gyms, a weight room, dance studio, health room, outside field, tennis courts and access to Woburn P.S. softball diamonds.

EVALUATION

The three terms are worth 70 % of the final grade. Their assessment and evaluation for each term will be based on the following expectations:

Healthy Living (25 %)

Sexuality, Substance Use and Abuse, CPR, Self Defense

Active Living (55 %)

Participation, Social Skills, Physical Fitness Unit, Fitness development throughout the school year

Physical Activity (20 %)

Movement skills, Principles, Rules and Strategies

A summative evaluation and year end is worth 30 % of the final mark.

UNIFORM

There is no required uniform at Woburn C.I. You are, however, expected to have a complete change of clothes in order to participate fully in our active and enjoyable program.

FUTURE YEARS

As you progress in Health and Physical Education at Woburn C.I. there is more emphasis on individual, recreational and lifetime sports, and activities through Focus Courses.

Girls' Teams

Girls' field hockey
Girls' junior basketball
Girls' senior basketball
Girls' junior volleyball
Girls' senior volleyball
Girls' soccer
Girls' flag football
Girls' slo pitch

Boys' Teams

Boys' junior volleyball
Boys' senior volleyball
Boys' golf
Boys' junior 7-aside rugby
Boys' senior 7-aside rugby
Boys' junior basketball
Boys' senior basketball
Boys' ice hockey
Boys' indoor soccer
Boys' junior soccer
Boys' senior soccer
Boys' slo pitch
Boys' junior cricket
Boys' senior cricket
Boys' junior rugby
Boys' senior rugby

Co-ed Teams

Co-ed cross country
Co-ed badminton
Co-ed wrestling
Co-ed volleyball
Co-ed swimming
Co-ed track and field