

**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 90 total days: 45 health(classroom)  
45 practical (gym)  
Sept-Jan  
Feb-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 exam during exam period)  
Practical Theory: 40% (plus(+) 10% for the 12 min run and fitness)

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

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  
Tae Bo Cardio, Kickboxing 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.**

## Attachments

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Grade 9 School Supply List.doc