

Madawaska Middle/High School
Physical Education
Grade 10

Instructor: Merilda Plourde

E-mail: merilda@madawaskaschools.org

Telephone: [207-728-3371](tel:207-728-3371) ext. 418

Physical Education Policies:

- Students must have an appropriate change of clothes for classes. An example: sneakers, white socks, shorts and a t-shirt. For outdoors, a warm set of clothes: sweat shirt and pants.
- For cleanliness purposes, it is suggested that student have a towel, comb/brush.
- According to MMHS policy: No Chewing Gum.
- No jewelry is allowed in classes.
- A sick note must accompany student in order to be medically excused from participating.
- All personal belongings must be locked up in individual's locker.

Course Description and Goals: The ultimate goal of Physical Education is to develop a self-directed individual possessing positive attitudes toward the benefits of physical activity. This is accomplished through an action-oriented, child centered approach in which each pupil is freed, guided and challenged to develop his individual potentials to the utmost.

Note: A most recent study shows that the key to a long healthy life is positive self esteem and exercise.

Our Physical Education program is a progressive program; therefore our achievement depends on the students' continuous progress. Physical Education influences the mind, the spirit and the body. It educates the whole person. Physical Education is an integral part of the total education of each student contributing toward the well-rounded development of all students in respect to providing the health and vigor to pursue every opportunity to the fullest. The overall objective of the physical education program is to combine the knowledge of a healthy lifestyle and physical activity to bring about the development of the individual for dealing with the need of every day living now and in the future.

By the time the students are tenth graders few are masters of the game and most continue to improve at the game. At this level we spend more time on actually playing the game. Choices are available for the students to play at a higher skill level or one that is still progressing. Higher level skills for example spiking and blocking are still being taught. By the time a student leaves our program as a sophomore he/she should be well prepared to join a recreational or college intramural program and be well equipped to play at various levels.

Grading: Student grades will be based upon a variety of assessments accumulated throughout the quarters during the school year and in keeping with the MMHS grading policy. Students' grades will be determined using a percentage system based on the following activities:

Teacher Appraisal

Attendance and Participation 80%

Physical and Written test 20%

Student Objectives: 1. Organic Development

To develop strength, vitality, endurance, and the ability to perform the necessary daily task of life through leisure time activities for the present and throughout their lives.

2. Neuro-Muscular Development

To develop game and sport skills, grace, a sense of rhythm, and improve reaction time.

3. Intellectual Development

To develop the accumulation of meanings through activity.

To develop the power to analysis and strategy in activities participated in as well as participating as a spectator.

To develop the ability to think and act for the best interest of the individual and group.

4. Emotional Development

To develop the impulses in behavior, interest, ideals and attitudes that impel one to act.

To assist the understanding that drives or powers within oneself and their control.

To develop the need or desire to excel.

To develop the need or desire to compete.

Curriculum:

First Semester:

Orientation

Soccer

Golf

Hiking

Football

Speedball

Archery

Basketball

Weight Training

Team Handball

Second Semester:

Floor Hockey

Skating

Broomball

Volleyball

Individual Sports

Shuffle Board

Badminton

Table Tennis

Pickle Ball

Aerobics/Pilates/Yoga
Physical Fitness Testing
Softball
Tennis
Lacrosse