

# Physical Education

9<sup>th</sup> Grade Intl. [2 periods per week]

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## Course Description

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Physical Education offers a variety of practices and physical / sporting activities. It allows students to access the cultural and social aspects of sports. Those are fundamentals in order to develop a cultivated, open-minded, respectful and well-rounded student.

Our goal is to educate students to be autonomous and help them learn about well-being and physical health for the short and long term. PE is also a way to develop a taste for effort and find pleasure in practicing.

PE aims to develop 5 skills:

- Develop motor skills and learn to use the body as a tool or expression
- Share and build rules, take on roles and responsibilities
- Learn how to maintain a healthy body and mind through regular practice
- Learn about the cultural aspect of physical and artistic activities
- Acquire methods and tools that will be necessary for the learning process

In order to develop those skills, PE uses 4 categories of activities defined as following:

- Achieve a performance that can be measured by the end of the unit (track and field, swimming...)
- Adapt movements and pathways depending on the surrounding and environment (lifeguarding, orienteering)
- Express themselves using their body in front of an audience (acrosport, dance, circus)
- Master an individual or team opposition (soccer, volleyball, basketball, table tennis...)

## Timeline

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August- November: strength training, cardio and relaxation

December- February: track and field, volleyball

March-June: basketball, table tennis