



## PE 7-9

Students:

The Alberta Program of Studies tells what students are expected to learn in PE. These expectations are called learning outcomes. The learning outcomes are organized into the following topics.

Unit	Time Period
Active Living Mental Health Managing Stress Setting Smart Goals Fitness Unit: Effort Food and Nutrition/Healthy Eating Media and Food	Sept - Oct
Reading Food Labels Making a Meal Plan Motivation and the Power of Not Giving up Making a Fitness Plan Fitness Unit: Functional Fitness and Well Being	Nov - Dec
Communication Fair Play Leadership Body Image Functional Fitness: Basic Skills	January
Active Living in the Community Fitness Units: Application of Basic Skills Safety in Sports	Feb - March
Daily Physical Activity Running/Walking/Jogging Functional and Expressive Qualities of Movements	April - May
Review	June

### Learning in an Online Environment

This course is delivered to you in an online environment. You will access your class through Google Classroom. You can look forward to using resources such as interactive multimedia and the Internet for various activities. Computer simulations, multimedia, graphics, and electronic information will also be available to support your learning. Personal phones or iPods are not allowed to be used for exams. Recording video or taking pictures of others without consent are not permitted. Respectful behaviour and language transfers to anything posted in Google Classroom.

## Required Materials

Ensuring you are set-up to learn in an online environment helps lay the foundation for your success in this course. Key items include: , a headset (blocks out external noise), and a laptop (second monitor optional). A [supply list](#) is available on the SPVA website.



## Assessment

Marks will be available for students and parents to view on PowerSchool. You will need your Username and password. If you are not sure what these are, please contact our [main office](#).

The PE 7-9 mark consists mainly of weekly assignments, quizzes, tests, projects) taken throughout the year as well as a final exam. There will also be formative assessments - practice work to allow students to see how well they know the outcomes and prepare for the summative assessments.

Assessment Component		Individual Weightings
Coursework (100%)	Basic Skills/Assignments	100%