THOMAS MORE COLLEGE

HIGH SCHOOL Physical education



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**HIGH SCHOOL PHYSICAL EDUCATION 2017**

GOALS:

* Create structured lessons incorporating various aspects of Physical Education. Namely Fitness, Sport and Recreation.
* Accommodate learners of various fitness, skill and experience level.
* Encourage a healthy lifestyle by promoting participation in Physical Education.
* Encourage learners to have fun in a controlled environment.

REQUIRED KIT FOR LESSONS

All learners are required to wear the appropriate kit for PE lessons.

This includes the following Thomas More College kit:

* PE shorts
* PE shirt
* School swimming costume
* Swimming cap (any colour)
* Towel
* Takkies (optional)

CLASS REGISTERS

At the beginning of every lesson, a class register will be taken by the PE staff. These registers will be transferred onto Edadmin for record purposes.

If a learner is unable to participate in the PE lesson due to illness or medical reasons, a letter from the parent/guardian must be handed in or emailed to their respective PE teacher.

The class registers will be marked as the following:

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| *Marking of class register for PE lesson* |
| Symbol | Explanation |
| A | Absent from school |
| M | Missing from lesson but is at school |
| 🗸 | Has kit |
| × | No kit |
| EX | Has a letter from parent/guardian or a medical certificate |

If a learner does not bring their kit or if they cannot participate in the lesson due to illness or medical reasons, they will be required to stay with the class and watch the lesson.

Should any learner be missing for the duration of the lesson without a valid reason, it will be classified as bunking. The Grade controller will be emailed and they will be placed in Friday detention.

PE staff will keep records and monitor learners who frequently do not bring their kit.

FAILURE TO BRING THE CORRECT KIT

Learners will receive one verbal warning per year if they do not bring their kit for the PE lesson. Thereafter they will be placed in an afternoon detention every time they do not bring their kit.

ASSESSMENTS

Grade 10 and 11 learners will be required to complete two fitness assessments during the year. The fitness test results are compared to age and gender specific norms and a mark is allocated.

These marks will form part of their Life Orientation year mark.

If learners are unable to perform the fitness assessments, then a medical certificate is required.

Dates for Grade 10 and 11 fitness assessments:

Fitness test 1: Last 2 lessons of term 2

Fitness test 2: Last 2 lessons of term 3

RAIN

Learners are required to bring their PE kits to every lesson. If it rains and learners are unable to perform the PE lesson, an alternative arrangement will be made for the classes indoors.

Rainy day ideas:

* Movie
* 30 seconds (PE related)
* Charades (PE related)
* Health and fitness magazine articles and class discussion

CELL PHONES

All learners are to put cell phones and speakers away during the lesson.

PE staff can decide if they want music during certain activities, e.g. Grade 10 and 11 fitness sessions in term 3.

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| **TERM** | **GRADE 8** | **GRADE 9** | **GRADE 10** | **GRADE 11** |
| **1** | **AQUA/WATER FITNESS, SYNCHRONISED SWIMMING AND POOL GAMES**Water fitness:Treading, water resistance exercises, fun lengthsPool games: Sharky, Marco polo, colour selectionSynchronised swimming in groups and present. \*Music? | **WATER FITNESS, FUN RELAYS AND STRETCHING PROGRAMS**Water fitness:Treading, water resistance exercises, fun lengthsRelays: stroke relays and fun relaysStretching programs:Demonstration, group activity | **WATER FITNESS, WATER POLO, BUMS AND TUMS PROGRAM AND DODGEBALL** Water fitness: (1 class)Treading, water resistance exercises, lengths, RelaysWater polo: (1 class)Bums and Tums Program: (1 class)Explanation and importance of core strength, perform a variety of glute and core exercises.Dodgeball (2 classes) | **WATER FITNESS, WATER POLO, BUMS AND TUMS PROGRAM AND DODGEBALL**Water fitness: (1 class)Treading, water resistance exercises, lengths, relaysWater polo: (1 class)Bums and Tums Program: (1 class)Explanation and importance of core strength, perform a variety of glute and core exercisesDodgeball (2 classes) |
| **2** | **ROUNDERS AND BALL SKILLS**Throwing, catching, batting, competitions and games | **ROUNDERS AND BALL SKILLS**Throwing, catching, batting, competitions and games | **CRICKET AND BALL SKILLS**Throwing, catching, batting, competitions and gamesLast 2 lessons: Fitness Assessment 1 | **CRICKET AND BALLS SKILLS**Throwing, catching, batting, competitions and gamesLast 2 lessons: Fitness Assessment 1 |
| **3** | **SOCCER**Fitness, skills and game situation.Last 2 lessons: Inter-class soccer tournament | **SOCCER**Fitness, skills and game situation.Last 2 lessons: Inter-class soccer tournament | **FITNESS**Fitness testing and fitness programLast 2 lessons: Fitness Assessment 2(Inter-class soccer tournament) | **FITNESS**Fitness testing and fitness programLast 2 lessons: Fitness Assessment 2(Inter-class soccer tournament) |
| **4** | **FUN ACTIVITIES**Dodgeball, balloon stomp and fun relays | **SCAVENGER HUNT**Photo scavenger hunt | **ORIENTEERING** | **TEAM BUILDING**Class building activities |

**PE YEAR PLAN 2017**