



Physical and Health Education Football – Grades 9 to 12

2019-2020

This Physical Education Athletics course follows the **principles of athlete development** as laid out in the **Long Term Athlete Development (LTAD)** to ensure **enjoyable lifelong football opportunities** for **players of ALL levels of ability**, as well as development for **elite players** to pursue excellence. The over-arching aim for the course is to fuel a passion for **football**.

Curriculum:

The following BIG IDEAS will be met throughout the duration of the course.

Grade 9 Provincial Core Curriculum:

- 1) Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- 2) Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- 3) Healthy choices influence our physical, emotional, and mental well-being.
- 4) Healthy relationships can help us lead rewarding and fulfilling lives.
- 5) Advocating for the health and well-being of others connects us to our community.

Grade 10 Provincial Core Curriculum:

- 1) Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.
- 2) Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
- 3) Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being
- 4) Personal fitness can be maintained and improved through regular participation in physical activities.

Grade 11-12 Provincial Core Curriculum:

- 1) Physical activity is an important part of overall health and well-being.
- 2) Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
- 3) Safety and injury prevention practices allow lifelong participation in physical activities.

The program will include a variety of activities but with greater emphasis on developing students' personal athletic attributes in their given areas of expertise. To achieve this, activities will be organized around whole-class, small group, and independent programs.

These activities will help students develop positive attitudes towards a healthy, active lifestyle and promote personal growth and social responsibility both in the classroom and within the community. Students will gain knowledge to help them in future settings and to maintain a healthy lifestyle beyond the scope of the classroom. Sardis Secondary's P.E. Department stresses the importance and belief that all students will be included and expected to participate to the best of their ability.

Athlete Questionnaire:

What compels you to elect to take **Football PE**?

What are your long-term goals for Football?

What are your strengths as a Football player?

What are your weaknesses as a Football player?

What do you hope to learn by taking this course?

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THIS IS A YEAR LONG CLASS



Section A:

Last Name: _____

First Name: _____

Birth Date: _____

Gender: _____

Address: _____

City: _____

Postal Code: _____

Phone Number: _____

Parent/Guardian E-mail Address: _____

Player E-mail Address: _____

Current School: _____

Current Grade: _____

Most Recent Coach: _____

PLEASE NOTE: THIS CLASS IS A YEAR LONG CLASS WITH CLASS DAYS THAT CHANGE:

SEPTEMBER –OCT (OR END OF SEASON) CLASS WILL RUN (MON WED THURS 300PM) (TUES 630AM)

NOVEMBER – APRIL: WEEK 1 (MON-WED) WEEK 2 (TUES-THURS) 645AM

MAY- JUNE: TUES-THURS 645AM-8AM

THE STUDENT WILL BE PROVIDED WITH THE APPROPRIATE GEAR IF THEY ARE ON THE SCHOOL FOOTBALL TEAM. IF A STUDENT WISHES TO TAKE THE COURSE WITHOUT BEING ON THE SCHOOL FOOTBALL TEAM THEY MUST PROVIDE THEIR OWN EQUIPMENT (HELMET, SHOULDER PADS ETC) OR RENT FROM THE SCHOOL.

Please have your most recent coach complete the player checklist

Section B: (COMPLETED BY PRINCIPAL OR VICE – PRINCIPAL OF CURRENT SCHOOL)

Name of School: _____

His or Her record of good standing, attendance, work habits is:

- Not meeting expectations
- Meeting expectations
- Exceeding expectations

Additional Comments: _____

Principal Name _____

Principal Signature _____

We have read and understood that Football PE is a course designed to cater to the unique needs of students seeking to further the passion for the sport of football. We understand that all participating students will receive quality instruction catered to the unique needs of each student based on the **Long Term Athlete Development (LTAD) model**. We also understand that entrance to this course is by application only and by filling out this application does not guarantee acceptance into the course.

Not all students will be selected into the Football PE course. In order to be considered for the course, the above-mentioned items need to be handed in. Additionally, the applicant must be able to demonstrate that they are **a student in good standing in relation to attendance, work habits, academics and conduct**.

Student Name _____ Student Signature: _____

Parent Name _____ Parent Signature: _____

**PLEASE NOTE: THIS CLASS IS A YEAR LONG CLASS WITH CLASS DAYS
THAT CHANGE THROUGHOUT THE YEAR**

PE Football - Player Evaluation Checklist

To be completed by your Team Coach or Physical Education Instructor (If needed)



Player Name _____

Coaches Name _____

Rating Scale: Please check the appropriate box

5 – Excellent, 4 – Above Average, 3- Average, 2 – Needs Improvement, 1 – Unsatisfactory

	5	4	3	2	1
Technical Ability					
Passing					
Catching					
Tackling					
Physical Ability					
Speed					
Agility					
Endurance					
Personality Traits					
Coachability					
Leadership					
Responsibility					
Determination					
Comments:					