

**Mayerthorpe High School**  
**COURSE OUTLINE**  
**2023 Semester 1**

**School Sports Option Class**

Instructor: Mrs. Hansen  
Room: Gym  
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**Course Description**

More and more people are beginning to realize that physical fitness is the key to a fuller and richer life. As young adults we need to ensure that we keep our bodies healthy and in good physical condition. The course is designed to allow students to better their skills in sports that the school offers so they may continue to play in high school. We will develop our sports knowledge through skill development and move into game play and strategy.

**Course Curriculum Outcomes:**

Upon completion of this course, students will have/will be able to:

1. Improved their total body fitness
2. Demonstrate positive attitudes towards fitness and sport
3. Demonstrate increase skill levels in Volleyball, Basketball, Badminton and Team Handball

**Resources/Supplies:**

- Gym Attire, Sweat Towel, Notebook, pen

**Fees:**

- N/A

**Course Evaluation:**

- The teacher will look at each student's progress and participation throughout the semester. Students will get ongoing feedback as to how they are doing in the class. The purpose of this class is to improve their skill levels and improve fitness levels.

### The Final Grade:

- The evaluation for this course is based on the student's achievement of expectations, and the demonstrated skills required for effective learning. Students will not receive a percentage grade, achievement will be awarded a pass or fail.

### Expectations:

- Students are expected to **participate** at an appropriate level at all times.
- Students are expected to bring gym attire each day and their fitness journals.
- Students are expected to treat students in the class with respect.

### Appeals Process:

Should a situation arise where a student is not satisfied with an assessment outcome, first discuss the matter with the teacher outside of class time. If the teacher and student are unable to resolve the issue, then the teacher will approach another teacher to assess the assignment. The teacher will not have prior knowledge of the student's previous grade for the given assignment. If there is still an issue, a meeting will be set up between the student, teacher, parents, and administration to resolve the matter. The commencement of an appeal must occur in a timely manner, within 48 hours of receiving the marked assignment. In return, the appeal process will be completed as soon as possible.

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