

SPORT PREP 9
MHHS - GRADE 9 PHYSICAL EDUCATION OPTION

Medicine Hat School District #76
Medicine Hat High School
Grade 9 Locally Developed Course



Grade 9 Locally Developed Course Letter of Request
Dr. Grant Henderson - Superintendent of Schools, Medicine Hat School District #76
Mr. Terry Riley - Medicine Hat School District #76 Board Chair

Please accept this letter as our, Medicine Hat High School, request to reauthorize Grade 9 Sports Prep, expiring June 30, 2015, for another three years. This course has been developed by the Physical Education teachers at Medicine Hat High School and we are requesting to continue the course at Medicine Hat High School. All required details of the course can be found on the following pages.

Thank you in advance,

Boris Grisonich
Principal
Medicine Hat High School

“Sport Prep 9”

(An option for the development of skills, strength, speed and agility in athletic preparation for varsity sports)

Given the growth and development of athletics in our global community, many of our students are pursuing and receiving academic opportunities and scholarships as a result of their athletic pursuits. Many of our graduates will engage in employment activities that will have them interacting with different peoples and traveling to different countries as a result of their athletic excellence. Other students are looking for opportunities to better themselves in preparation for high school athletics while some are looking at a life-long pursuit of health and wellness.

“Sport Prep 9” has been designed to provide students in grade 9 with the opportunity to explore academy style classes covering nutrition, strength, speed, and practical skill development for varsity sports like basketball, football, rugby, wrestling, volleyball and badminton. This course will include units taught by specialists for each sport on a rotational basis as well as classroom instruction on nutrition. The skills and drills in this course will be taught at a pre-varsity level and will prepare students for the speed, strength, endurance and contact that they will potentially need for their future athletic endeavors.

Learner Objectives

At the conclusion of this course, students will:

- acquire skills through a variety of developmentally appropriate movement activities. Students will:
 - acquire improved motor skills, proper body positioning, technique, speed, agility, power and strength related to sport specific activity and basic health and wellness.
 - apply and refine ways to improve the functional qualities of movements that combine skills in a variety of experiences individually, with a partner, or in a group.
 - apply and refine activity specific skills in a variety of individual pursuits; e.g. Fitness activities.
- understand, experience and appreciate the health benefits that result from physical activity. Students will:
 - design, monitor and personally analyze nutrition programs that will affect physical performance.
 - demonstrate, monitor and analyze ways to achieve a personal functional level of physical fitness.
 - design and implement a personal fitness and activity plan, using the principles of training: frequency intensity, duration.
 - acknowledge and analyze the media and peer influences on body image.
 - discuss the effects of performance enhancing substances on body type and body image as a part of physical activity.

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- analyze and explain the effects that nutrition, fitness and physical activity have on body systems before, during and after exercise.
 - monitor, analyze and assess fitness changes as a result of physical activity.
 - select and perform appropriate physical activities for personal stress management and relaxation.
- interact positively with others. Students will:
- communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity.
 - identify and discuss the positive behaviors that are demonstrated by active living role models.
 - demonstrate etiquette and fair play.
 - describe, apply, monitor and practice leadership and followership skills related to physical activity.
 - develop practices that contribute to teamwork.
 - identify and demonstrate positive behaviors that show respect for self and others.
- assume responsibility to lead an active way of life. Students will:
- participate regularly in, and realize the benefits of, an active lifestyle.
 - develop a personal plan that encourages participation and continued motivation.
 - analyze, design and perform warm-up and cool-down activities.
 - design safe movement experiences that promote an active, healthy lifestyle.

Resources:

- mostly teacher-created resources that have been developed collaboratively.
- Alberta Education approved resources, as they are available and appropriate.
- Bigger, Stronger, Faster
- SST Program

Assessment

- Student learning will be assessed based on the following:
 - Attitude/Effort/Active participation 60%
 - Skills and Projects 20%
 - Tests and quizzes 20%

Enrolment Predictions

We hope to enroll 60-90 students in the course with a class size goal of 25-30.

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Hours of Instruction

The total hours of instruction for this class will be the same as any other grade 9 elective offered at Medicine Hat High School. The course will be offered over a full semester 80 minute block (daily average). Students will spend four 4-week periods per specific discipline as well as 3 weeks of classroom sessions focusing on nutrition, health and wellness.

Grade Level

This course will be offered to Grade 9 students. It is not a pre-requisite for our grade 10 courses but will prepare students for a greater chance at success in grade 10 Phys. Ed. and athletics and will also allow students the opportunity to make a better decision in regards to an active healthy lifestyle.

Special Requirements

These classes will make use of existing school and local fitness facilities.

Controversial or Sensitive Course Components

Exemptions – to meet the aim of the program it is recommended that a variety of movement and contact experiences be provided in all dimensions. In the following specified circumstances exemptions may be warranted from one or more dimensions and/or physical activities.

Category	Conditions for Exemption	Procedures	Other Experiences
Individual	Religious Beliefs	Statement in writing from parent to Principal	When exemption is granted, other activities consistent with the aim and outcomes of the program should be substituted, where appropriate.
Individual	Medical	Certification to Principal by medical practitioner with statement of activities in which the student is not able to participate	
Class or school	Access to Facilities	Initiated by school authority or parent. Approved by school authority.	

Risk Assessment and Identification of Hazards

Risks include fitness testing and ongoing safety training for sport specific hazards and injuries. Potential hazards would include sport related injuries and activities related to any varsity sport offered. This would include football, rugby, basketball, volleyball, badminton and wrestling as well as the hazards that exist in our weight room facility.

Each specific sport will be taught by a teacher/coach specialist in each discipline on a rotational (4 week) basis.

Pre-Requisites

There are no pre-requisites for this course nor is this course a pre-requisite for any of our high school courses.

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Resources:

- mostly teacher-created resources that have been developed collaboratively
- Alberta Education approved resources, as they are available and appropriate

Assessment:

- Student learning will be assessed based on the following:

○ Experience	25%
○ Communication	25%
○ Culture	25%
○ Language	25%

25% per language X 4 = 100% for the entire loop

Enrolment Predictions

We hope to continue to enroll 75 – 90 students in the course with a class size goal of 25 – 30 per loop.

Hours of Instruction

The total hours of instruction for this class will be the same as any other grade 9 elective offered at Medicine Hat High School. The course will be offered over a full semester 80 minute block (daily average) but students will spend one third of the semester taking each of the second languages and then rotating to the new second language class. (We will offer German and/or a technology component if our enrolment is such that we can offer a fourth second language class to the loop).

Grade Level

This course will be offered to Grade 9 students. It is not a pre-requisite for our grade 10 second language courses but will prepare students for a greater chance at success in grade 10 and will also allow students the opportunity to make a better decision in regards to which second language interests them the most.

Special Requirements

There are no special facilities or equipment requirements for this course.

Controversial or Sensitive Course Components

There are no controversial or sensitive course components in this course.

Risk Assessment and Identification of Hazards

This is a classroom based course and there are no health and safety hazards related to the course.

Pre-Requisites

There are no pre-requisites for this course.