



## Physical and Health Education Basketball – Grades 10 to 12

2022-23

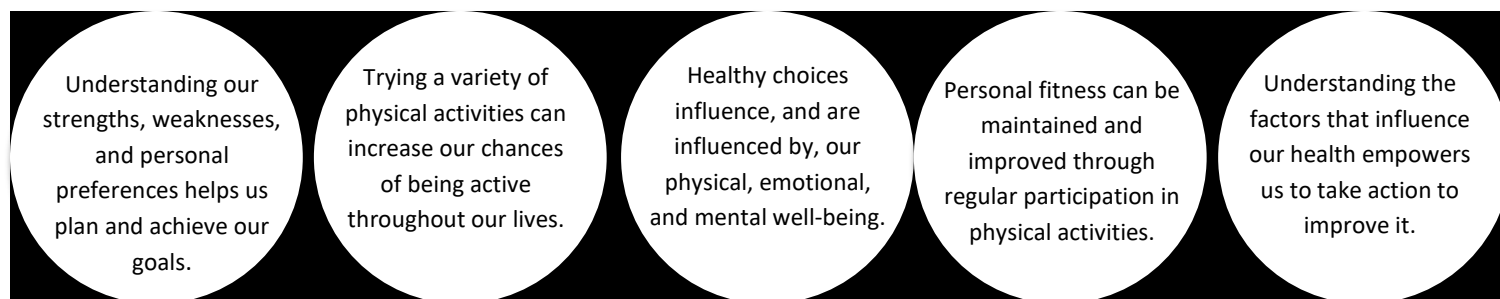
This Physical Education Athletics course follows the **principles of athlete development** as laid out in the **Long Term Athlete Development (LTAD)** to ensure **enjoyable lifelong basketball opportunities** for **players of ALL levels of ability**, as well as development for **elite players** to pursue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

### Curriculum:

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

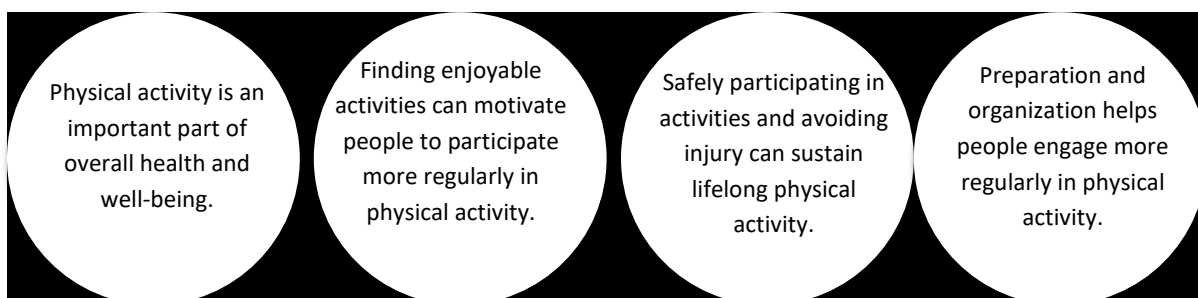
### Grade 10 Provincial Core Curriculum:

#### Big Ideas



### Grade 11-12 Provincial Core Curriculum:

#### Big Ideas



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 **Basketball PHE**?

What are your long-term goals for basketball?

What are your strengths as a basketball player?

What are your weaknesses as a basketball player?

What do you hope to learn by taking this course?

**Please have your most recent coach complete the player checklist**

**Section B: (COMPLETED BY A TEACHER, COUNSELOR OR Administrator of SCHOOL)**

Name of School: \_\_\_\_\_

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

- Not meeting expectations
- Meeting expectations
- Exceeding expectations

Additional Comments: \_\_\_\_\_

Name \_\_\_\_\_

Signature \_\_\_\_\_

We have read and understood that Basketball PE is a course designed to cater to the unique needs of students seeking to further the passion for the sport of basketball. 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 Basketball PHE 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: \_\_\_\_\_

# Basketball PHE - 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
<b>Technical Ability</b>					
Passing					
Shooting					
Dribbling					
Defense					
<b>Physical Ability</b>					
Speed					
Agility					
Endurance					
<b>Personality Traits</b>					
Coachability					
Leadership					
Responsibility					
Determination					
<b>Comments:</b>					