

Course Description / Rationale/ Overview: This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices

Class Requirements:

Materials/textbooks/equipment

Text: Glencoe Health (75.00)

Phys. Ed Binder

Proper footwear : Inside court shoes

Outdoor shoes

Proper change of clothes (weather dependant)

Positive attitude

Course Requirements/Department Policies

Students will complete Student Behavioural Contract and parent /guardian will be required to complete a Permission to Participate Form.

A great deal of our programming takes place outside including winter activities.

A proper change of clothes is required for outdoor activities.

Missed Tests and Late Assignments

Students are to be present for test dates. There must be a verified, valid reason when a test is missed. The teacher may provide an alternative opportunity for testing or record an “absent” for that test.

All summative assignments will have a clear Due Date. Assignments that are handed after the Due Date will be accepted and assessed by the teacher if submitted prior to the Deadline. The Deadline is defined as the class period in which that graded assignment is returned to the class, unless there are extenuating circumstances.

For the mid-term report, no mark will be recorded for a missed summative assignment. Where a student has not submitted enough work for the teacher to determine the student’s level of achievement the report card will indicate that the student’s work is incomplete and no grade will be assigned.

At the semester end, where summative assessments are incomplete, a mark of zero may be assigned and used to calculate the student’s final grade.

Assessment Strategies

- ▶ Daily Vigorous Activity 40
- ▶ Physical Fitness 20
- ▶ Strategies and Tactics 20
- ▶ Health Concepts 20

Achievement Categories

Knowledge/Understanding	20%
Thinking/Inquiry	10%
Communication	10%
Application	60%

Curriculum strands:

- Physical Activity
- Active Living
- Healthy Living
- Living Skills

Learning Skills:

- Works Independently
- Team work
- Organization
- Work Habits

Evaluation TERM MARK BREAKDOWN

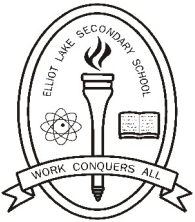
1. **Application:** Daily vigorous activity , personal physical fitness, safety, behaviour, strategies and tactics, leadership, and living skills, personal improvement.
2. **Knowledge / Understanding:** knowledge of facts and terms; understanding of concepts, principles, guidelines and strategies; understanding of relationships among concepts.
3. **Communication:** Communication of information and ideas, communication for different audiences, use of various forms of communication.
4. **Thinking Inquiry:** Formulating questions; planning, selecting strategies and resources; analyzing and interpreting information, and forming conclusions, goal setting.

FINAL MARK

Term: 70%

Final Summative Evaluation: 30%

- Movement skills and sport game strategies
- Fitness Report
- Healthy active living research assignment



COURSE OUTLINE

INTERACTIVE ACTIVITIES / FITNESS (33 hrs)	GLO Fitness Various types of physical activities that promote participation, responsible behaviour and effective group work skills.	Outdoor activities / GLO Fitness Challenge Report 1 Fitness Challenge Report 2	5 5 5
HEALTHY LIVING (30 hrs)	Healthy sexuality, The use and abuse of alcohol, tobacco, and other drugs Personal safety and conflict resolution CPR (cardiopulmonary resuscitation).	Test Poster Case Studies Test / Practical	3 3 3 3
LARGE AND SMALL GROUP ACTIVITIES (34 HRS)	Movement skills Rules and Guidelines Safety Issues Strategies / Tactics	Net / Wall games Invasion Games	45
BODY MANAGEMENT ACTIVITIES (16 HRS)	Recreation/leisure activities Track and field	Track and Field	8
CULMINATING ACTIVITIES	Fitness report Take home health exam	Fitness Report (Must complete 1 and 2 in order to complete)	10 10

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- ◆ **TEAM WORK**
- ◆ **AN APPRECIATION OF PERSONAL SAFETY AND THE SAFETY OF OTHERS**
- ◆ **PLAYING HARD BUT NOT CHEATING**
- ◆ **RESPECTING THE RULES AND REGULATIONS OF THE GAME**
- ◆ **BEING RESPONSIBLE AND ACCOUNTABLE**
- ◆ **BEING A RESPONSIBLE AND ACTIVE MEMBER OF THE TEAM**