



**Course Description / Rationale/ Overview:** Girls Personal and Fitness Activities, Grade 10 Open (PAF20)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety as well as nutrition.

**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 Behaviourial 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 / Assessment Strategies**

1. Classroom discussions
2. Portfolio reviews (goals and planning)
3. Tests (Nutrition)
4. Demonstrations
5. Journals and Fitness Logs
6. Checklists
7. Rubrics
8. Projects / Presentations

**FINAL MARK**

**Term: 70%**

**Final Summative Evaluation: 30%**

Fitness Journals  
Fitness Report  
Healthy active living research assignment

