

Course Description/Rationale/Overview: 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 apply movement principles and sport/game strategies to refine skills, and actively participate in sports and games to enhance their personal competence and personal fitness. They are encouraged to develop leadership skills and are given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students study the components of healthy relationships, reproductive health, mental health, and personal safety.

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

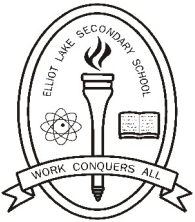
- Application:** Daily vigorous activity , personal physical fitness, safety, behaviour, strategies and tactics, leadership, and living skills, personal improvement.
- Knowledge / Understanding:** knowledge of facts and terms; understanding of concepts, principles, guidelines and strategies; understanding of relationships among concepts.
- Communication:** Communication of information and ideas, communication for different audiences, use of various forms of communication.
- 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
- ◆ FOLLOWING RULES AND UNDERSTANDING THE REASONS
- ◆ SETTING GOALS AND ACHIEVING THEM
- ◆ LEARNING TO LIVE WITH WINNING AND LOSING