

## Course Outline PE 30F/40F

### 100% In Class

Vision: The vision is physically active and healthy lifestyles for all students.

Aim: The aim is to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles.

### General Learning Outcomes:

#### Movement:

The student will demonstrate competency in selected movement skills, and knowledge of movement development and physical activities with respect to different types of learning experiences, environments, and cultures.

i.e. Demonstrating involvement in a game or activity by moving to correct positions, or strategically playing defense

#### Fitness Management:

The student will demonstrate the ability to develop the skills necessary to actively participate for the duration of class. Essentially the student will develop the skills needed to develop lifelong physical activity and wellbeing.

70% of the course will be assessed from these two components during daily physical activity classes. A checkmark in gradebook will indicate that you have met the required levels of intensity.

### Portfolio- Core Health Components:

<b>Grade 11</b>
Fitness Management
Mental Emotional Health
Social Impact of Sport
Substance Use/Abuse

<b>Grade 12</b>
Fitness Management
Nutrition
Personal Social Management
Healthy Relationships

## Assessment:

In Powerschool, students need to have the majority of their classes checked off indicating they have met the required physical activity intensity levels for this course. It will also mean that students will have to attend regularly in order to make sure they have completed the required number of activity hours.

Their portfolio and activity levels must be complete to receive their credit in this course. If students are not meeting the requirements by Mid-October, they may come under review and be at risk for not completing the course.

Students receive an incomplete mark (IN) until the end of the year when all components have been assessed. They will then receive a (CO) complete mark if they are able to meet the requirements. There is no percentage mark in this course.

### MOVEMENT

Student acquires movement concepts and skills for safe and functional use in a variety of physical activities and environments.

4 Very Good    3 Good    2 Basic    1 Limited




Understanding of the basic movement skills.  
 Demonstration of all basic movement skills during activities.  
 Application of appropriate movement skills during activities.  
 Understanding of appropriate safety guidelines for age and ability.  
 Demonstration of age appropriate strategies during games and activities.

### FITNESS MANAGEMENT

Student acquires fitness concepts and skills that contribute to personal fitness development through a variety of physical activities and fitness development experiences.

4 Very Good    3 Good    2 Basic    1 Limited



Understanding of fitness concepts including fitness benefits, fitness development, and fitness components.  
 Participation in activities that enhance general fitness.  
 Participation in activities that contribute to aerobic capacity.  
 Understanding of appropriate fitness safety concepts.

### Social Responsibility

## AM I HITTING THE TARGET?

Works well with others; resolves conflicts appropriately, respects self, others and the environment, contributes in a positive way.

A Responsible Individual is Someone Who:  
 Shares resources, materials, and equipment with others  
 Respects self, others, and the learning environment  
 Contributes to a positive learning community  
 Works with a variety of classmates  
 Respects the need for physical and emotional safety for self and others

**C U S R**  
 Consistently Usually Sometimes Rarely



### Active Participation in Learning

## AM I HITTING THE TARGET?

Participates in class activities, self-assesses, sets learning goals.

A Responsible Individual is Someone Who:  
 Shows interest and asks questions  
 Participates actively for duration of the activity  
 Accepts and uses feedback to improve learning  
 Uses self assessment for better understanding

**C U S R**  
 Consistently Usually Sometimes Rarely



### Management Skills

## AM I HITTING THE TARGET?

Uses class time effectively, works independently, and completes tasks.

A Responsible Individual is Someone Who:  
 Is **organized** and prepared to participate in all activities  
 Shows **patience** and **persistence**; seeks help when needed  
 Uses class time productively and works independently  
 Makes a **consistent effort** and demonstrates a **strong work ethic**  
 Sets personal management goals

**C U S R**  
 Consistently Usually Sometimes Rarely

