

ALONSA SCHOOL  
GRADE 11/12 - PHYSICAL EDUCATION  
Full Semester – 2025/2026  
Instructor – Mr. Schwarz

## COURSE DESCRIPTION AND OBJECTIVES

Alonsa School has chosen a Mixed delivery model for the Grade 11/12 Physical Education course. This means there will be **40%** IN-class instruction accompanied by Mr. Schwarz, **40%** Out-of-class-student-directed activity, and **20%** scorekeeping/coaching/referee. This plan is designed to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles.

All of this has been shared in Teams.

## PERSONAL FITNESS PORTFOLIO

This portfolio will include the following:

- 1. Physical Activity Plan**
  - includes personal goals
- 2. Safety and Risk-Management Plan**
  - includes appropriate safety checklists and safety form
- 3. Parent and Student Declaration and Consent Forms**
- 4. Physical Activity Log Book**
  - spreadsheet print-off if you want
  - record a minimum of **80 hours (40 first semester/ 40 second semester)** of moderate to vigorous physical activity that is safe, ethical, and age/developmentally appropriate.
  - all activities will be logged on a monthly basis, signed by **both the parent and the instructor**.
  - only hours logged during the **previous month** will be accepted during the monthly log session.
  - any questionable activities **will be discussed** and may be subject to demonstration.

## STUDENT ATTENDANCE

Consistent attendance and active participation in Physical Education allow the instructor to accurately assess your son/daughter. With this in mind, students are required to take an active role in all class activities. Failure to do that will result in the instructor not being able to assess the student. If students are in school, they should be active in P.E. class. Parents must advise the instructor of any conditions that may override the student's participation. Students will have the opportunity to develop fundamental sport skills, specific sport skills, and acquire knowledge of rules and strategies for various team and individual games and activities. There will be a special emphasis on active participation as well as respectful and responsible behavior(s) towards fellow students and staff. **If a student misses class, they will make it up with their hours outside the classroom. For example, if you miss 1 class, it equals 2 extra hours outside of class**

## STUDENT DRESS POLICY

All students must have gym shorts or sweat pants, a t-shirt, sweatshirt, socks, and NON-marking gym shoes. No boots, hiking boots, street shoes, skateboard shoes, sandals, or shoes with a heel will be allowed. Failure to have the necessary gym attire will make it difficult for the student to earn marks in Physical Education. A strong emphasis will be placed on students coming prepared for class.

## LIST OF POTENTIAL ACTIVITIES

Golf	Soccer	Ultimate Frisbee
Ultimate Football	Floor Hockey	Volleyball
Dodgeball	Team Handball	Aerobics
Basketball	Skating	Curling
Broomball	X-C Skiing	Lacrosse
Badminton	Speed Stacking	Juggling
Softball	Track & Field	Orienteering
Bocce/Belgium Bowl	Flag Football	Canoeing
Geocaching	Fitness Room	

## STUDENT EVALUATION

Each student registered in the Grade 11 and 12 Physical Education course at Alonsa School will ultimately be assessed a complete or incomplete designation and not a final percentage. Therefore, assessment and reporting may look different, but the principles and practices of assessment remain the same. You will be marked on skills, fitness management, participation, overall safety, the completion of your out-of-class hours, and coaching/scorekeeping.