

McCreary School Outline

Physical Education and Health 40F

"Grade 12 Active Healthy Lifestyles: Physical Education/Health Education"

Teacher: Mr. Podaima dpodaima@trsd.ca

Credit Value: 1

Pre Requisites: None

Location: Outdoors, gymnasium, weight room, room 9.

Class Objectives: By the end of the course, students will: - Have developed the knowledge, skills, and attitudes to assist with personal planning for lifelong physical activity participation - Have taken greater ownership for their physical fitness and become involved in physical activities suited to their own individual interests and abilities - Develop the knowledge to make informed decisions related to their own health - Build and maintain a fitness workout plan.

Course Components and Topics

Component 1: In-class activity

All students will take part in 50 hours of in school activity. This will be covered through the fitness component and movement/activities throughout the year. In order to reach the 50 hours, students need to be present in class and be able to participate. Students will easily reach their 50 hours by the end of year if they are present and active during PE classes. This component will also include semi-weekly activity assessments and occasional self-assessments.

Component 2: Out-of-Class Activity

Module A: Physical Activity Practicum

Students must complete a minimum of 10 hours of out-of-school physical activity participation at a moderate to vigorous intensity level over the entire school year that contribute to cardiorespiratory endurance, plus one or more of the other health related fitness components (muscular strength, muscular endurance, and flexibility). These must be completed outside of school hours

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Classification of the 3 activity levels

Light activities are physical activities that involve large muscle groups. People begin to notice they are breathing harder, but they can still talk fairly easily. Some examples would be walking or light gardening.
Does not count toward hours

Moderate activities are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk. Some examples could be a light jog, lower weight resistance training, or climbing stairs.

Vigorous activities are physical activities that cause breathing and heart rate to increase to a higher level, whereby it would be difficult to talk. Some examples would be running, heavy resistance training, or most sports play.

Component 3: Modules/Health

The health component of this course is covered through a series of modules which will be completed between school and home. These modules are made up of a combination of self-evaluative quizzes, scenarios, and research activities. Each module will be previewed and discussed in class, but much of the actual work will be completed at home, during classes where students may be unable to participate due to injury, or at times of the year when the gym is unavailable, such as the Christmas concert.

Module A: Activity Planning	Due Date: Sept 29th
Module B: Fitness Management	Due Date: Oct 31st
Module C: Nutrition	Due Date: Nov 30th
Module D: Personal & Social	Due Date: Dec 22nd
Module E: Healthy Relationships	Due Date: Jan 26th

Component 4: Fitness and Resistance Training

Students will be completing regular training sessions in the weight room. The key focus will be having students learn to set reasonable and attainable fitness goals, and to follow a plan involving the progressive overload ideology of cardiovascular health, resistance training, or a combination of both.

Assessment

- 1) Module A, including a Personal Fitness Portfolio - The purpose of this is to show that you are taking ownership for your physical fitness through personal planning and participation in

physical activity. The planning will be related to personal goal setting and analysis, as well as safety and risk management. This will count as evidence of your completion of Module A.

The portfolio includes:

- Physical Activity Plan (including personal goals)
- Safety and risk management plan (safety checklist and safety forms)
- Parent/Guardian Declaration, Student Declaration and Consent forms
- Physical Activities log (record of a minimum of 10 hours of moderate to vigorous physical activity by the end of the year).

- 2) In-class activity hours - Students will be assessed on completion of 10 activity hours within the time frame of PE class. These will be tracked by Mr. Podaima. Students will automatically be assessed a pass for this portion if they attend and participate PE classes on a regular basis. Semi-weekly assessments and self-assessments will be completed using an activity rubric.
- 3) Modules B/C/D/E - These modules primarily deal with the health topics and will be covered in classroom discussions and group projects. Assignments, participation in classroom discussions, and quizzes can be used to determine achievement in these modules. The module workbooks will be handed out as hard copies.
- 4) Volunteer Hours - Students must complete a total of 10 hours of volunteer work by the end of the year. - These hours must be accrued outside of school hours and cannot be completed through working with or for family members. - The goal is for students to seek out volunteer opportunities which they may not otherwise consider.
- 5) Fitness Training - Each student will maintain a portfolio of their cardio or resistance training through the duration of the course. Students will be assessed a passing mark at the end of January if evidence of goal setting and follow-through is observed throughout the year.

Remember, this is a Pass or Fail class. ALL ASSIGNMENTS must be completed and must meet set expectations. Simply finishing these course components does not guarantee a pass. Anything assessed below a 65% will need to be re-done in order to be considered complete

Classroom Rules, Regulations, Expectations, and Policies

Dress: Students are expected to bring a change of clothes and appropriate footwear for PE class every day. The reasons for this are two-fold; 1. wearing appropriate clothing for physical activity is key for safety of the students. 2. Personal hygiene can be maintained when changing for PE class. Appropriate gym clothes should include a shirt and pants (or shorts) that fit comfortably, but are not so loose that they may be a tripping or slipping hazard. Proper court or athletic shoes are strongly recommended, but so long as shoes are non-marking and can be properly fastened they will be fine.

Attendance: Attending class is mandatory. Please make every effort to show up on time and have all necessary equipment.

Medical Exemptions: Students that have received an exemption from completing physical activity will be required to make up the missing time through additional weight room sessions, or completing alternate assignments during the classes they are unable to participate. Having a self-diagnosed injury or illness will not be considered acceptable cause for missing class, and may reflect negatively on your weekly assessment and final mark.

Respect and Responsibility: Respect is our #1 RULE. Students are expected to show respect to:

1. Classmates: Use encouraging language and invite others to join in your groups during activities and games.
2. Equipment: Treat all equipment in the gym and weight room as if you had to pay to replace it if broken.
3. Mr. Podaima, substitute teachers, and educational assistants: Listen for directions, avoid talking over staff if they are speaking, and be prepared to start and stop activities as asked. I will make every effort to show you respect if you can promise to do the same for me. Students that choose to ignore this rule will be asked to leave the gym and may have their parents contacted without warning.

Behavioural Assessment (From the Provincial Document)

Students will be assessed as per the guidelines from the Manitoba provincial report card, in the areas as follows:

Personal Management Skills: Organizes material, uses class time productively, works independently, completes all work on time, persists when faced with challenges, seeks help when needed, demonstrates a strong work ethic, shows patience, demonstrates on-task behaviour, sets personal management goals.

Active Participation in Learning: Shows interest, asks questions, takes initiative, self-assesses work quality based on criteria, uses feedback to improve learning, uses criteria to provide feedback, uses a variety of media for communication, investigates questions, hypothesizes, analyzes.

Social Responsibility: Works and interacts well with others, is welcoming and positive, shares resources and equipment with others, respects school values, respects and follows classroom routines, takes an equitable share in group work, is courteous, respects the need for safety, sets personal management goals.

Late Assignment Policy - McCreary School's policy for late assignments was developed in accordance with the Provincial Assessment Policy. - The guidelines for late assignments are as follows:

1. Teachers will set and communicate reasonable timelines for assignments
2. Teachers will share timelines and reminders with students through various formats (ex. course outline, email, post in classroom, etc.)

3. Teachers will assist students to meet timelines – monitor progress, check-ins
4. Students who struggle will require additional support from the teacher
5. Extensions will be granted at the teacher's discretion, for valid and legitimate reasons only (ex. Illness)
6. Teachers will communicate with parents or set up parent/teacher/student conferences to discuss late assignments
7. Teachers will make an arrangement with student to complete work
8. Teachers will create alternative assignments for diverse learning needs

Use of Technology:

Laptops will be permitted for use in class so long as they are being used appropriately. Students will be expected to have all cell phones put away during class time.