

I Course Introduction

A wide variety of learning experiences were carefully structured to meet individual differences in order to ensure that the Physical Education Program has the potential to fulfill its purpose. That is, the program provides students, regardless of ability level, with experiences that encourage them to make wise personal decisions regarding lifelong participation in physical activity. This program can contribute to an active, healthy and productive adulthood by providing students with the necessary knowledge, physical skills, social and emotional fitness and positive attitudes toward lifelong participation in physical activity.

The program within the Physical Education 20-30 course is designated to further its emphasis in the area of co-educational, individual and dual sports. It concentrates on those activities that can be enjoyed throughout life, stressing the purposeful use on ones leisure time.

II. Course Objectives:

The Physical Education 20-30 program will provide each student with the opportunity to develop:

1. Physical skills which enable them to effectively participate in a wide variety of activities and endeavors.
2. Knowledge and understanding of physical and social skills, physical fitness, scientific principles of movement, personal performance programming, bodily functions, game and systems operations, concepts of strategies and the relationship of exercise to a persons well being.
3. Physical fitness and sound functioning body system which will promote a more active and successful lifestyle capable of coping with the challenges of their environment.
4. Social skills which promote acceptable standards of behavior and positive relationships, interactions and communications with others.
5. Healthy attitudes and appreciations that will encourage participation in and the enjoyment of physical activity, fitness, quality performance, a positive self-concept, and respect of others.

PE 20 General and Specific Outcomes

GENERAL OUTCOME A

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

GENERAL OUTCOME B

Students will understand, experience and appreciate the health benefits that result from physical activity.

GENERAL OUTCOME C

Students will interact positively with others.

GENERAL OUTCOME D

Students will assume responsibility to lead an active way of life. Daily activity is essential for a healthy lifestyle.

III Special Events:

In high school Physical Education 20-30 classes due to the greater commitment from the students that take this optional course, we are able to offer activities that go outside the school and town facilities. The purpose of these activities is to provide an opportunity for students to broaden their knowledge and experience in activities that they have never tried before or may be prohibitive due to cost or distance.

IV Course Fees:

During the course of the year, there will be many traveling, supplies, and activity fees involved. Most activities outside the school will require a fee. These fees will be collected before the activity begins. Those students that do not pay the fees will not be able to participate in the activities.

May include: curling, bowling, racquetball, squash, broom ball, ice hockey, golf, rock climbing, trampolining and athletic tape.

V Evaluation:

Social Skills 35%

- Apply and analyze the relationship among skills, rules and strategies in the creation of playing of games.
- Demonstrate etiquette and fair play.
- Develop and apply practices that contribute to teamwork.
- Model an active lifestyle.

Leadership Hours 15%

- Apply, monitor and assess leadership and followership skills related to physical activities, and demonstrate an understanding of leadership skills related to implementing physical activity events or programs in the school and or community.
- Perform service, leadership and volunteer work related to physical activity in the school or community.

Assignments (athletic therapy, fitness, tournament) 30%

- Design and justify nutrition plans that will positively affect performance for a variety of physical activities.
- Evaluate, monitor and adapt fitness plans for self and others Applying the principals of training.

FINAL EXAM 20%

Total = 100%

Students may hand in any missed assignments up to the reporting period.

STUDENT ASSESSMENT:

Assessment for Learning (Formative Assessment) is a systematic process of collecting information or evidence about student learning and is not assigned a grade/mark for the report card. **Assessment of Learning (Summative Assessment)** the judgment we make about the assessments of student learning based on established criteria and a mark/grade is recorded for the report card. The purpose of assessment is to improve student learning. This means that judgments of student performance must be criterion-referenced so that descriptive feedback can be given that includes clearly expressed next steps for improvement. Tools of varying complexity are used by the teacher to facilitate this. For the more complex evaluations, the criteria are incorporated into a rubric where levels of performance for each criterion are stated in language that can be understood by students. Where possible, students will be engaged in their own assessment through self-reflection and the construction of rubrics

Assessment is embedded within the instructional process throughout each unit rather than being an isolated event at the end. Often, the learning and assessment tasks are the same, with formative assessment provided throughout the unit. In every case, the desired demonstration of learning is articulated clearly and the learning activity is planned to make that demonstration possible. This process of beginning with the end in mind helps to keep focus on the expectations of the course curriculum outcomes. The evaluations are expressed as a percentage/mark/grade based upon levels of achievement.

GRADE DETERMINATION:

Term grade determination: Grade will be based upon evaluations conducted throughout the course. This portion of the grade will reflect the student's most consistent level of achievement throughout the course, although special consideration will be given to more recent evidence of achievement.

Final grade determination: Grade will be based on the accumulation of term grade evidence and a final examination (Diploma Exam) administered at the end of the course (this exam will be based on an evaluation of all units of the course). This grade will reflect the student's most consistent level of achievement throughout the course, although special consideration will be given to more recent evidence of achievement.

PHYSICAL EDUCATION SERVICE HOURS:

Leadership hours consist of obtaining 10 hours (for PE 20) and 15 hours (for PE 30) of service to the school or the community in the areas of coaching, refereeing, tournament organization, score keeping, linesman and or assisting in sports and recreation. Keep in mind these hours play an important role in your final grade. Do not leave these hours to the last month of school. The deadline for hours will be **Jun 15, 2020**.

Tournament Organizing Assignment: The ability to lead the class through an entire tournament using the information that is provided during class. In groups, you will be asked to select a sport and organize and run a tournament. A high level of responsibility and commitment is expected and required.

Athletic Therapy Assignment: At the end of this unit you will be asked to do a research assignment on the internet about a specific sports injury. This assignment will be typed and handed in to show that you can use technology in the field of physical education. A demonstration of taping practices may be required.

Personal Fitness Program: You will be asked to come up with a personal fitness assessment and program that will meet your goals. This is a very detailed assignment and will require some time and effort.

ATTENDANCE POLICY

1. After 5 and 10 absences per semester, the teacher will phone the parent/guardian and document all unexcused absences.
2. On the 11th absence the appropriate form will be filled out and referred to the administration.

Students who are unable to fully participate in Physical Education classes due to medical difficulties are required to obtain a medical certificate to be exempted from class. The student will be allowed to enroll in a Physical Education class the following semester upon recommendation of the attending Physician.

VI. Expected Class Behavior

1. Students are expected to treat the teacher, substitute teachers and fellow students with respect at all times.
 2. In the gym changed 5 minutes after the bell has rung. **Students must stay in the gym until the bell rings.**
 3. Always change for class: do not forget your clothing or runners! - (this is deemed inexcusable)
 4. **Good attendance is mandatory due to the practical nature of the course. Full participation in every class is a necessity. A good effort must be put into every class. This will be the basis of your social skills mark.**
 5. A good positive attitude in every class.
- * Students who are injured or sick with a note still must attend classes if at school, or the marks will be deducted.
 - * A note from a parent is required if a student is absent from class. Make sure the date and reason for absents is stated.
 - * If your injury or illness requires substantial time from participating, you will be asked to withdraw from the class.
- * Medical notes and school sanctioned trips are the only excusable absence from class.

VIII Tentative Yearly Plan

<i>Activity Description</i>	<i>Number of Classes</i>
Course Explanation	1
Game Day	1
Intro to Tournament Organizing	1
Fitness and Weights	15
Student lead Tournaments	45
Basketball, Volleyball, Badminton, Team Handball, Floor Hockey, Archery, Pickleball, Student choice	
Athletic Therapy	5
Golf	1
Outdoor Games	5
Slow Pitch	5
Final Exam (last day)	1

Other Activities may be included such as:

Archery- Camping- Climbing wall - Ski trip - - Bowling - Curling - Skating ...
Swimming, inline skating, mountain biking –Jasper Trip!!!!

Golden Sneaker Award

This award is given to the PE 20/30 student at the end of the year who has gained the most points in the following system. This award is given to create some friendly competition amongst those students in PE 20/30.

Each semester, several tournaments are played amongst each other in both individual and team sports. This year, points will be given for those students placing in the top 3 in each of the events listed below. The student having the most points at the end of the semester will be presented with the golden sneaker award at the sports awards.

The scoring system will be as follows:

1st.....5 points
2nd.....3 points
3rd.....1 point

* In team competition, each member of the placing teams will be awarded with the appropriate points.

Events will include:

- i) volleyball
- ii) basketball
- iii) floor hockey
- iv) badminton
- v) golf
- vi) any number of approved tournaments by Mr. Hansen
(eg. pickleball, tennis, bowling, archery...)

** Rules and team structure for each event are conditional to the event organizers.

Dear Student and Parents:

The above course description is provided for your information. This is what we plan to accomplish in our Physical Education Class as stipulated in the Alberta Education guidelines. If you require further information or have any questions regarding the course or the student's progress at any time during the year, please feel free to contact me at 786-2624.

Some of the activities that we do in this class are around the community. Therefore, by signing this letter, it allows for students to temporarily leave school property for some activities. In cases where students will be traveling outside of the community, an additional letter and waiver form will be sent home.

May I please ask both you the student, and you the parent to sign this course outline as evidence to me that you have read the outline and understand the requirements of this course. I would ask you, the student, to present these signatures by February 10, 2020.

Thank-you.

Kelle Hansen
kelle.hansen@ngps.ca

(Student Signature)

(Parent or Guardian Signature)

(Date)

Parent Email or Contact Information:

Phone: _____

Email: _____

PE 20-30



Mayerthorpe High School
Semester 2
2020

Mrs. Hansen

