

PHYSICAL EDUCATION

Course Outline

Overview of course:

Welcome to the wonderful world of Physical Education. This is the only course, which, by the very nature of its content, has the potential to affect how you will feel every moment of every day for the rest of your life.

Your effort, commitment and determination to lead an active healthy lifestyle remain important factors in physical education. The skills you learn can improve your quality of life throughout your lifetime.

The main goals of Physical Education are:

1. To develop a positive attitude toward physical activity
2. To develop the whole individual
3. To promote life long participation in physical activity
4. To develop physical literacy through a variety of environments and activities

The goals for this course are:

Physical Education 30	
Key Aim: <i>To develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.</i>	
General Outcome A: <i>Activity</i>	<i>Students will acquire skills through a variety of developmentally appropriate movement activities; alternative environment; i.e., outdoor pursuits; and dance, games, types of gymnastics and individual activities.</i>
General Outcome B: <i>Benefits Health</i>	<i>Students will understand, experience and appreciate the health benefits that result from physical activity.</i>
General Outcome C: <i>Cooperation</i>	<i>Students will interact positively with others.</i>
General Outcome D: <i>Do it Daily...for Life!</i>	<i>Students will assume personal responsibility to lead an active way of life.</i>

Attendance Policy

We believe that regular attendance and promptness are positive attributes of citizenship, which lead to maximum achievement in all classes. At CIS, there is an expectation that all students will attend all classes and will be there on time.

Appeals

A student may appeal a mark resulting from an evaluation by discussing the matter the teacher at an appropriate time.

Dress and Behavior

Students are expected to be prepared for class with the appropriate CIS attire.

A major component of physical education includes **ACTIVE PARTICIPATION**. At CIS, we believe that to benefit fully from Phys. Ed you must attend class daily and participate to your fullest. Your achievement could be impacted due to the following factors:

- Being late for class
- Not being changed for class
- Having an inexcusable absence

Student Absences

Students who are absent will be given an **incomplete (INC)** and the opportunity to make up missed outcomes at a mutually agreed upon time with the teacher. Students are expected to be part of the assessment process.

Student Grades, Assessments, and Learning

Your achievement in this course will be based on your understanding of the learner outcomes. As your teacher, I have a responsibility to teach the course and support you in your learning and understanding. An important part of my role is to assess your learning. I do that in two ways; through formative and summative assessments.

Formative assessments are tasks, which enable you to practice skills and learn from mistakes. This occurs on a daily basis. Formative assessments are included to track your progress but are NOT included in your grade calculation.

FORMATIVE assessments include:

- teacher observations
- discussions & peer feedback
- checklists
- self-reflections

Summative assessments include tasks, which are used to evaluate your achievement. These tasks are used to provide you with a grade based on the achievement of the particular curricular outcome.

Your grade will be calculated from the following SUMMATIVE assessments;

- Projects/Performances
- Logbooks (reflections, responses)
- Teacher Observations

ACTIVITY	BENEFITS HEALTH	COOPERATION	DO IT DAILY
25%	25%	25%	25%
<i>Examples of activity:</i>	<i>Examples of benefits health:</i>	<i>Examples of cooperation:</i>	<i>Examples of doing it daily:</i>
Yoga	Nutrition Plan	Etiquette and Fair Play	Activity Goals
Team Handball	Healthy Lifestyle	Team Work	Active Living
Pickleball	Fitness Plan	Communication	Community Service
Innovative Games	Body Image	Leadership/Peer Teaching	Safety Awareness

Name: _____

Date: _____

Signature: _____