



## Crocus Plains Regional Secondary School

### Course Outline

#### **Course Title: Senior 3/Grade 11 (30 F) Physical Education (50/50, 80/20, 100% In)**

**School Year and Semester:** Year \_\_\_\_\_ Semester \_\_\_\_\_

#### **Course Description:**

The Grade 11 (30F) Physical Education course at Crocus Plains High School is designed to engage our students in active lifestyles that will continue into their future. Topics which will be studied include fitness management, mental health issues, substance use and prevention, and the social impact of sport. Students will also find an emphasis placed on developing a physically active lifestyle and will be developing a personal fitness portfolio that includes a fitness plan, physical activity log and/or journal entries. Completion of the course will be graded with a Complete or Incomplete designation.

#### **General Learning Outcomes:**

General student learning outcomes are broad statements identifying the knowledge, skills, and attitudes that students are expected to demonstrate with increasing competency and confidence by the end of their Grade 11 Physical Education experience. These outcomes will be achieved through a variety of learning experiences contributing to physically active and healthy lifestyles.

***The five general learning outcomes for Physical Education are:***

- 1. Physical Activity Practicum:** The student will assess present level of physical activity and engage in a physical activity practicum that contributes to health-related fitness goals. Students will also assess risks and safety concerns of their physical activity plan.
- 2. Fitness Management:** The student will develop a personal fitness plan for lifelong well-being. Areas of concentration include training principles, benefits of physical activity, and designing/revising their fitness plan.
- 3. Mental-Emotional Health:** The student will demonstrate the ability to develop self-understanding and make health enhancing decisions in regards to mental health issues and the impact of activity on personal mental health.
- 4. Social Impact of Sport:** The student will identify stages of sport participation, the impact of sport on various social issues, and analyze sporting behaviors that are positive and/or negative.
- 5. Substance Use/Abuse Prevention:** The student will demonstrate the ability to explain drug classifications, stages of involvement in substance use/abuse, factors that influence one in terms of substance use, and use information to make healthy decisions.

### **Course Evaluation Structure:**

Students will be graded for completion of the course using a Complete / Incomplete designation and not percentages. Due to the ability of students to choose In-Timetable/Out of Timetable Pathways the evaluation will be adaptable and flexible. Students will be evaluated in various methods including: self assessment, group evaluation, peer assessment, student developed assignments, activity logs, physical activity practicum, and various tasks within the units of study.

**Again, it is important to note that no mark will be given, instead a Complete/Incomplete designation will be given. For students to attain a Complete designation, they must complete all aspects of the course based on their chosen pathway.**

### **Statement of Standards – Students Completion of Course Evaluation Requirements**

#### **PATHWAYS TO COMPLETE GRADE 11 (30 F) PHYSICAL EDUCATION**

Students can choose one of two pathways to complete their Grade 11 (30 F) Physical Education Course. Whichever way students choose to complete their course - will need to be approved by the teacher and parents. The pathways to completing their credit are:

##### ***Option 1: 100% In Timetable (attend all units of study)***

In this option the student will be required to attend all classes and complete all the necessary work to complete the course. Students will be responsible for the 3 Core Units and 6 Activity Units of study.

##### ***Option 2: 50% In-Timetable 50% Out of Timetable (attend three core units of study plus two activity units and accumulate 55 hours of activity outside school timetable)***

In this option the student will be required to complete the 3 Core Units and 2 Activity Units of their choice. They will also be responsible for completing 55 hours of Physical Activity at a moderate to vigorous level outside of the school timetable, submitting their plan for completing these hours, and their completed activity log of their 55 hours of physical activity hours.

##### ***Option 2: 80% In-Timetable 20% Out of Timetable (attend three core units of study plus 4 activity units and accumulate 20 hours of activity outside school timetable)***

In this option the student will be required to complete the 3 Core Units and 4 Activity Units of their choice. They will also be responsible for completing 20 hours of Physical Activity at a moderate to vigorous level outside of the school timetable. Students will submit their plan/waivers for completing these hours at the completion of the fitness practicum unit. Once the 20 hour log is completed it must be signed by a parent/guardian and returned to the teacher.

### **STUDENT ATTENDANCE**

Consistent attendance and active participation in Physical Education allows the instructor to make an accurate assessment. 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. Please 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, as well as acquire knowledge of rules and strategies for a variety of 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.

Each 100% student is given an 8 hour “Bank”. This bank will be used for any excused, unexcused, or school excused absence. Once the 8 hour “Bank” is used up, make-up hours must be completed during lunch hour to successfully meet the hour requirements of this course. 50-50 students will have a 4 hour “Bank” and 80-20 students will have a 6 hour “bank”.

#### **STUDENT DRESS POLICY**

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

#### **LATE ASSIGNMENTS/TESTS**

Any assignments or tests that are not completed by the students on due dates, will show as an Incomplete. With a note/reason from the parent/guardian, the student will be given the opportunity to hand the assignment in or write the test missed. It is up to the student and parent/guardian to provide the note and arrange a time with the teacher involved. Failure to do so will result in an Incomplete for assessment and result in an Incomplete for the course.

**Any extension for a student to the above standard will only be considered by the administration when requested by the teacher.**

#### **FINAL MARK APPEAL POLICY**

Students are required to address all perceived mark errors directly with the teacher following the return of each assessment or following any reporting period.

If a student chooses to appeal the final course mark, the following procedures must be followed:

- The student meets with the teacher to discuss the final mark. Parents/guardians should attend this meeting.
- If the student is not satisfied with the results of the meeting with the teacher, the student can activate an official appeal using the Final Grade Appeal Form.
- The Final Grade Appeal Form is forwarded to the Principal.
- The Principal forwards a copy of the Final Grade Appeal Form to the teacher with a request to forward any relevant information.
- The Principal will schedule a meeting with the student, teacher, and parent/guardian to allow presentation of information relevant to the appeal.
- The Principal reviews the information gathered, considers the information presented by all parties and makes a final decision. The final decision will have one of two results: mark remains the same or the mark is increased.

Appealed marks will stand as the final mark. Students receiving a final mark of Complete will pass the course.

**GRADE 11 (30 F) PHYSICAL EDUCATION – ACTIVITY/UNITS OF STUDY**

The following is a list of activities/units of study that students will be involved in based on their pathway through Grade 11 (30F) Physical Education:

**Unit of Study and Physical Activity Units**

**Core Units of Study; (all students must take these units)**

Fitness Practicum, Fitness Management, Substance Abuse Prevention, Mental-Emotional Health

**Active Units of Study; (students will be involved in all or some of these units based on their pathway)**

Indoor Games, Outdoor Games, Target Sports, Circuit/Band Training, Racquet Sports, Cross-Country Skiing/Snowshoeing, Circuit Training

**\*\*See Schedule \*\***

***Please read, provide the necessary information, sign, & return to your Phys. Ed. Teacher!***

**ELEMENTS OF RISK IN PHYSICAL EDUCATION**

The risk of injury exists in every athletic activity. However due to the nature of some activities, the risk of injury may increase. Injuries may range from bumps and bruises to minor sprains/strains to serious injury. The safety and well being of the students is of utmost concern and all attempts are made to effectively manage as best possible the foreseeable risks inherent in all the physical activities. It is important that your child participate in a safe and comfortable manner in the physical education program. In your child's best interest we recommend the following:

- a) An annual medical examination
- b) Appropriate attire and footwear for safe participation.
- c) The wearing of sun protection (sunscreen) for all outdoor activities.
- d) No Jewelry can be worn
- e) Eyeglass straps or contacts
- f) No hat or sunglasses can be worn

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**MEDICAL INFORMATION**

Please explain all medical conditions that your son/daughter that the Physical Education Staff should be aware of. (concussions, diabetes, epilepsy, asthma, allergies etc.) Anything that may affect participation and student safety.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**By signing below, I acknowledge the element of risk in physical education, provided the necessary medical information, and agree with the expectations of the Grade 11 Physical Education Course Outline:**

Student Name: \_\_\_\_\_ Printed Parent Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact #'s: Home - \_\_\_\_\_ Work - \_\_\_\_\_  
Cell # - \_\_\_\_\_ Email: \_\_\_\_\_

***Please read, provide the necessary information, sign, & return to your Phys. Ed. Teacher!***

**TRANSPORTATION INFORMATION**

Dear Parent

Your child, \_\_\_\_\_, will be participating in Grade 11 Physical Education during the current school year.

While involved in this course your child may require transportation to/from the activities at various locations. *The transportation of your son/daughter will be your responsibility during this course.* The Brandon School Division is concerned for the safety of your child and, therefore, endeavors to take all reasonable precautions to ensure that safety. Accordingly students must be transported in vehicles that are properly licensed and registered and that they are driven by qualified and responsible drivers. All students must have a functioning seatbelt and be wearing it at all times.

The School will be following specified guidelines in this regard and we ask that you as a parent share our concern and ensure that your child(ren) are transported in vehicles and by drivers as specified above. The drivers of vehicles transporting students need to recognize their responsibility to ensure they arrive safely at their destination.

Please sign in the space provided below authorizing your child, \_\_\_\_\_, to participate in the above-described course and that you acknowledge and understand the transportation situation and need to ensure your son/daughter is transported in a safe and responsible way.

Please call if you have any questions.

Yours truly

Crocus Plains P.E. Teachers

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I, \_\_\_\_\_, parent of \_\_\_\_\_, do hereby authorize my child to participate in the activity described above and acknowledge and understand my responsibility to cooperate with the school in ensuring the safe transportation of my child, as set forth above, in participating in this activity.

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date