

École Panorama Ridge Secondary

PHE Basketball Course Outline & Policies

The Big Ideas Basketball 10, 11 and 12



Class focus:

Through participation in a variety of activities, this course is designed to enable students to improve their personal level of fitness and develop lifelong fitness goals and knowledge of basketball. Students of all fitness levels will set individual fitness goals and develop and maintain a personal fitness program. This course will build on the foundations set in previous PHE courses and continuing to develop knowledge, skills and attitudes that will enable students to successfully participate in a wide range of physical activities. This course will also focus on basketball skills, weight training and conditioning. Students will also continue to cultivate their understanding of how healthy eating and daily physical activity contributes to a healthy lifestyle, both in and out of school.

Evaluation:

- 70% Participation and Safety
- 30% Health and well-being

Participation and Safety

- Demonstrate **safety, fair play, and leadership** in physical activities.
- Explain how the use of proper techniques prevents injury.
- Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities.
- Apply methods of monitoring and adjusting exertion levels in physical activity
- Attend field trips and contribute to a positive learning environment.

Assessment

- *-Daily participation mark /10, Unit participation mark, self-assessment, journals, Fitness training /10*

Health and well-being

- Explain how developing competencies in physical activities and basketball can increase confidence and encourage lifelong participation in those activities.
- Explain the importance of maintaining personal health.
- Identify and explain **motivational factors** influencing participation in basketball.
- Describe the impact of weight training and basketball on health and mental well-being.
- Establish a gratitude routine to continue to foster positive mental health.

Assessment:

- *Guest speaker, journals, nutrition log, reflection*

PROFICIENCY SCALE

4 POINT SCALE/ NUMERICAL EQUIVALENT	EMERGING 1-5	DEVELOPING 6	PROFICIENT 7-8	EXTENDING 9-10
LETTER GRADE	C-	C, C+	B	A

<p>Extending = 9 -10</p> <p>In PE strip, on time, AWESOME attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment and demonstrates LEADERSHIP.</u></p> <p><u>Attends field trip</u></p>	<p>Proficient = 7-8</p> <p>In PE strip, on time, GOOD attitude and participation, on task, STRONG consistent effort, respects peers and teacher, <u>offers to help with equipment.</u></p>
<p>Developing = 6</p> <p>In PE strip, on time, GOOD attitude and participation, on task, good consistent effort and respects peers and teachers.</p>	<p>Emerging = 1-5</p> <p>Is late for class, not in full gym strip, negative attitude towards activities and fellow athletes, displays disruptive and disrespectful behaviour or puts out minimal effort.</p> <p>Is absent or truant.</p>