

École Panorama Ridge Secondary

Active Living 11/12 Course Outline & Policies

The Big Ideas Active Living 11/12



Evaluation:

- 60% Participation and Safety
- 20% Health and well-being
- 20% Leadership

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

Assessment examples (may vary teacher to teacher):

- -Daily participation mark /10, Unit participation mark, self-assessment, journals, Fitness testing, 2-3 lap school run /10

Health and well-being

- Explain how developing competencies in physical activities 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 recreational activities
- Describe the impact of various types of physical activities on health and mental well-being

Assessment examples (vary teacher to teacher):

- Guest speaker, journals, nutrition log, reflection

Leadership

- Demonstrate competencies and problem-solving strategies required for **physical activity and recreation leadership**
- Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities.

Assessment examples (vary from teacher to teacher)

- *Leadership hours, journals, projects, peer teaching, organizing class games, etc*

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 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>Proficient = 7-8 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 In PE strip, on time, GOOD attitude and participation, on task, good consistent effort and respects peers and teachers.</p>	<p>Emerging = 1-5 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>

****Please review the PHE Policy found on the PHE 8-10 PowerPoint Presentation****