

STE ROSE SCHOOL
GRADE 11/12 - PHYSICAL EDUCATION
Semester 2 February 2021-June 2021
Credit Value: 1 Course Code: 0169
Instructor – Mr. N. Zadorozny

Pre Requisite: Grade 9/10 PE

COURSE DESCRIPTION AND OBJECTIVES

Ste Rose School has chosen a 30/70 delivery model for the Grade 12 Physical Education course. This means there will be 30% IN-class instruction accompanied by 70% OUT-of-class-student directed activity. This plan is designed to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles. Have developed the knowledge, skills and attitudes to assist with personal planning for lifelong physical activity participation. Have taken greater ownership for their physical fitness and become involved in physical activities suited to their own individual interests and abilities. Develop the knowledge to make informed decisions related to their own health. Build and maintain a fitness workout plan

COURSE COMPONENTS

Core Components	% Time IN	% Time OUT
Module B - Fitness Management		10%
Module C - Nutrition		5%
Module D - Personal and Social Development		5%
Module E - Healthy Relationships		5%
Physical Activity Practicum		
Module A - Physical Activity Practicum		50%
Flexible Delivery Component		
Physical Activity / Sport options	25%	

Student/Teacher Conferencing (approx. 1 hour per student)

PERSONAL FITNESS PORTFOLIO

This portfolio will include the following:

- 1. Physical Activity Plan**
 - includes personal goals
- 2. Safety and Risk-Management Plan**
 - includes appropriate safety checklists and safety form
- 3. Parent and Student Declaration and Consent Forms**
- 4. Physical Activity Log Book**
 - spreadsheet print-off
 - record a minimum of 100 hours of moderate to vigorous physical activity that is safe, ethical, and age/developmentally appropriate. 30 hours are to be completed during class time, 70 hours are to be completed outside of school hours. A max of 20 hours of active living hours can be completed as well.
 - all activities will be logged on a monthly basis, signed by both the parent and the instructor. Students have access every second Day 6 to the laptop cart to record their hours. An excel spreadsheet document will be given to the student via Microsoft teams.

Course Content

- All students will take part in 30 hours of in school activity. This will be covered through the fitness component and movement/activities throughout the year.
- In order to reach the 30 hours, students need to be present in class and be able to participate.
- Each class will roughly work out to an hour. (This excludes days off from events in school and health component days)
- Students will complete 70 hours outside of school.

Course Requirements

Minimum- 100 hours moderate-vigorous activity

Minimum- 30 hours inside school (Moderate-Vigorous Activity)

Minimum- 70 hours outside school.

Maximum- 20 hours active living.

Minimum- 10 hours of academics

Cumulative hours= 110 hours (30 hours in school, 70 out of school)

(You may do more hours inside of school if you want to!) Minimum 30 hours.

Physical Activity Participation outside of class

- 60-90 minutes a week (full year course)
- Approx 17 weeks to the 5 month span (leave room for days off + holidays)
- 4hr-4.5hr a week for 17 week span results in 68-76.5 hours

Classification of the 3 activity levels

Light activities: Physical activities that involve large muscle groups. People begin to notice they are breathing harder, but they can still talk fairly easily.

Moderate activities are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk.

Vigorous activities are physical activities that cause breathing and heart rate to increase to a higher level, whereby it would be difficult to talk.

STUDENT ATTENDANCE

Consistent attendance and active participation in Physical Education allows the instructor to make an accurate assessment of your son/daughter. 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. Parents must 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. ***Students are required to sign in and out of the office during PE days.***

Plan of Action/Course Setup

Module A: Activity Planning Module A: Activity Planning (Feb28)

Module B: Fitness management Module B: Fitness Management (Mar22)

Module C: Mental Emotional Health Module C: Nutrition (Apr25)

Module D: Social Impact of Sport Module D: Personal & Social (May31)

Module E: Substance Use and Abuse Prevention Module E: Healthy Relationships (June19)

Assessment:

This course is a Complete/Incomplete course, meaning that you will not receive a “grade” at the end of the year. Rather, your report card will indicate if you have successfully completed all of the requirements or not.

Module A, including a Personal Fitness Portfolio

- The purpose of this is to show that you are taking ownership for your physical fitness through personal planning and participation in physical activity. The planning will be related to personal goal setting and analysis, as well as safety and risk management. This will count as evidence of your completion of Module A.

The portfolio includes:

- Physical Activity Plan (including personal goals)
- Safety and risk management plan (safety checklist and safety forms)
- Parent/Guardian Declaration, Student Declaration and Consent forms
- Physical Activities log (record of a minimum of 55 hours over a 5 month period of moderate to vigorous physical activity)

Modules B/C/D/E

- These modules primarily deal with the health topics and will be covered in classroom discussions and group projects. Assignments, participation in classroom discussions and quizzes can be used to determine achievement in these modules.
- Organize and administrate an intramurals activity
- Volunteer Hours: 10 hrs in at least 2 different activities. These can be in school or outside of school in the community.

Module’s reading packages will be available in the student shared folder. Hard copies will be handed out of the work packages for each module, and will be handed in on the assigned due dates.

****Remember, this is a Pass or Fail class. If assignments are not completed or are not done satisfactory (65% minimum), they will need to be completed or re-done in order to pass****

Classroom Expectations

You are expected to be on time, prepared to learn, and respectful to all people in the classroom. All assignments and projects must be completed and handed in on time to be considered for full marks. If you miss class, please notify the school, and know that it is your responsibility to get caught up.

Being in a class that requires the gymnasium it is important that students follow directions at all times. Students must act in a respectful and meaningful way at all times. A gymnasium can be a very hostile place if students are acting in an uncontrolled manner. Anyone caught acting unacceptably will be asked to leave the gymnasium immediately. It is important to compete, learn, and most importantly have fun in Physical Education Class!

As the teacher I also have responsibilities that include making sure your grade is accurate, meaningful, and consistent with your understanding, and making sure you have the information you need to be successful. I will also have an open line of communication with your parents and/or guardians to ensure you are meeting everyone's expectations; your parents', your teacher's, and your own.

Please do not hesitate to ask if you need help with anything. I am always available during the school day, and I check my email at least once per evening.

Cellphone Policy

You are expected to pay attention and be respectful at all times during the lesson. ***No phones will be allowed inside in the gymnasium during class. If you are caught having a phone during class, I will take it for the remainder of the day.*** You are there to be physically active and to have fun/learn with your peers. I don't see any reasons to have a cellphone during this class.

Late Policy

You will be considered late if you are 10 minutes late for your lesson. If a student is late, it is possible that they may not receive a participation mark for that day resulting in a lower overall grade.

Absences Policy:

Your parents/guardians will be receiving an email/phone call/letter if you are absent 5 times this year. They will be receiving another email/phone call/letter if you have absent 10 times. If you are absent more than 10 times, a parent meeting will need to be scheduled in order for you to continue with this class.

****Note: Any unexcused absence will result in a 0 for a participation grade for that day.****

Plagiarism/Cheating Policy

1st offence- The student will receive a 0 (zero) on the assignment. A phone call/email will be sent to the parent/guardian.

2nd offence- A letter will also be sent home to the parent/guardian. The parent must sign the letter and return it to the school. The Student will receive a 0 (zero) on the assignment.

3rd offence- The student will receive a zero on their assignment and they will be referred to the principle for further disciplinary action. A meeting will need to be arranged with the parent/guardian to address the severity of this issue.

Late Assignment Policy

Late assignments will only be accepted according to the teacher's discretion. Students will not be allowed to hand in late assignments; and they will be entered as an incomplete on the Maplewood marking system.

STUDENT DRESS POLICY

All students must have gym shorts or sweat pants, t-shirt, sweat shirt, socks, and NON-marking gym shoes. All clothing must be appropriate for the specific activity taking place. No boots, hiking boots, street shoes, skateboard shoes, sandals, or shoes with a heel will be allowed. Failure to have the necessary gym attire will make it difficult for the student to earn marks in Physical Education. A strong emphasis will be placed on students coming prepared for class. All clothing will be based on the teacher's discretion.

Extra Guidance

Students may make extra appointments with me during noon-hour to further their education and allow them to succeed in the future.

Course Materials

Course materials may be found on the Manitoba Education website.

<https://www.edu.gov.mb.ca/k12/cur/physhlth/>