



THE DR. G.W. WILLIAMS SECONDARY SCHOOL

York Region District School Board



PHYSICAL AND HEALTH EDUCATION DEPARTMENT

GRADE 11 - Personal and Fitness Activity

Course Code: PAF308 (Female)

Level: Open

Prerequisites: None

Credit Value: 1 Credit

Courseware Developed by: The Physical and Health Education Department

Courseware Reviewed yearly by: The Physical and Health Education Department

Ministry of Education Document: The Ontario Curriculum, Grades 11 and 12, Health and Physical Education, 2000

Course Resources:

O.P.H.E.A. Grade Eleven Supplement

Text Book: Healthy Active Living, Temerzogolou, Ted., Thompson Educational Publishing, Toronto, 2007

Accessing Course Outlines and Curriculum Policy Documents:

School Website: <http://drgwilliams.ss.yrdsb.edu.on.ca/>

Ontario Ministry of Education: <http://www.edu.gov.on.ca/>

COURSE DESCRIPTION: This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Through daily vigorous aerobic and anaerobic activity, students will be encouraged to develop personal competence in a variety of movement skills and strive to improve their personal fitness. Students will be given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students will investigate issues related to the components of healthy relationships, reproductive health, mental health and personal safety. All aspects of Healthy Active Living including mental, social, intellectual and physical fitness will be addressed.

Each student must wear a proper school uniform for all physical education classes. These are available at registration and at the school store.

COURSE FEES

**Uniform Package: \$28.00 includes 2 shirts and 1 pair of shorts
(or shirt \$10.00 and shorts \$15.00)**

Physical And Health Education Department Members:

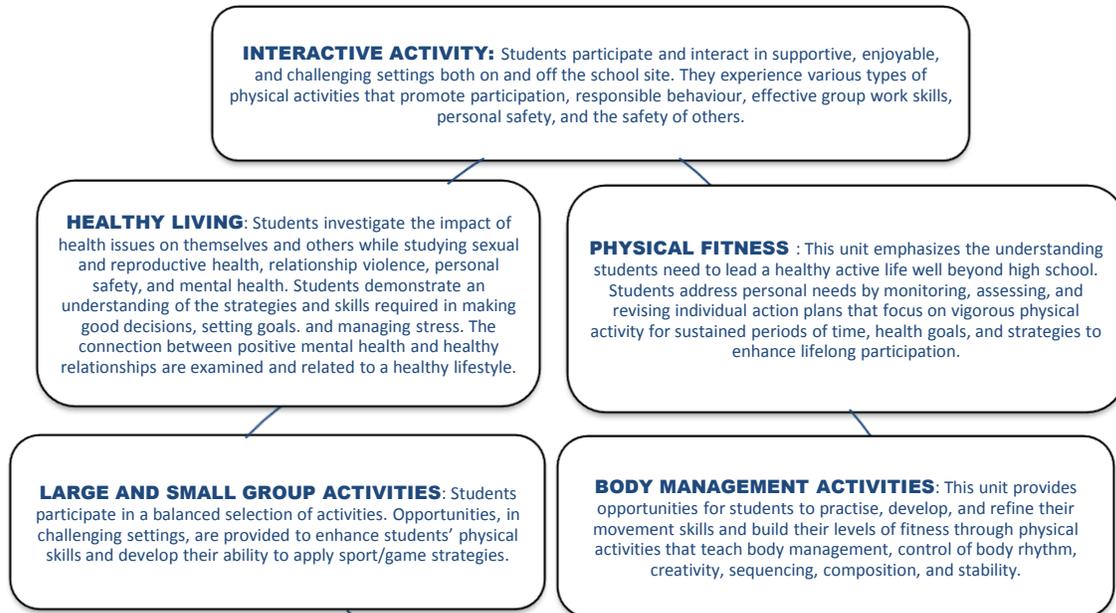
Ms. S. Milburn - Subject head

Mr. K. Bulmer, Ms. S. Crabtree,

Mrs. N. Mann and Mr. K. Ravelle

UNITS OF STUDY

Units of physical activity are intertwined and will include personal fitness activities that focus on the health related components of fitness: cardiorespiratory fitness, flexibility, muscular strength, muscular endurance and a healthy body composition. Through circuit training, weight training, core stability training, a variety of aerobic and anaerobic activities as well as large group activities, individual and small group activities, rhythm and movement activities, and outdoor activities, the Grade 11 course expectations will be achieved.



OVERALL CURRICULUM EXPECTATIONS

This course is divided into the following four strands.

Within each strand the students will be expected to:

PHYSICAL ACTIVITY:

- demonstrate personal, competence in applying movement skills and principles
- apply their knowledge of guidelines and strategies that can enhance their participation in recreational sports activities.

ACTIVE LIVING:

- participate regularly in a balance instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation
- demonstrate improved physical fitness
- demonstrate responsibility for their personal safety and the safety of others

HEALTHY LIVING:

- demonstrate and understanding of sexual and reproductive health
- demonstrate, in a variety of settings, the knowledge and skills that reduce the risk to personal safety
- describe the influence of mental health on overall well-being

LIVING SKILLS:

- use decision-making and goal setting skills to promote healthy active living
- demonstrate an ability to use stress management techniques
- demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.

INSTRUCTIONAL STRATEGIES

Instructional strategies may include: Game Play, Demonstration, Socratic Teaching, Note Taking, Group Work, Presentations, Drills, Practice, Journals/Reflections, Worksheets, Technology, Discussion, Guest Instructors and/or Peer Coaching.

ASSESSMENT AND EVALUATION

Students will be provided with specific DUE dates and ABSOLUTE DEADLINES for all assignments. The above Units of Study will constitute **70%** of the student's overall evaluation. Within each unit students will be assessed and evaluated under four achievement categories.

TERM WORK VALUE: 70%

KNOWLEDGE AND UNDERSTANDING 20%	THINKING AND INQUIRY 10%	COMMUNICATION 10%	APPLICATION 60%
<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams 	<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams z Strategies z Tactics z Labs 	<ul style="list-style-type: none"> z Assignments z Presentations z Journals z Demonstrations z Team/Game play z Poster/pamphlets 	<ul style="list-style-type: none"> z Daily Participation z Personal Fitness z Training Principles z Movement Skills z Safe Practices z Personal/Interpersonal Skill, including teamwork, fair play, and etiquette z Leadership z Initiative

SUMMATIVE WORK VALUE: 30%

Summative Evaluation will take place towards the end of the semester and may include any or all of the following: a written examination, a fitness profile, an interview, fitness testing and/or an independent summative project.

LEARNING SKILLS

Students will be assessed throughout the course on their achievement in the learning skills and work habits areas. These assessments may be teacher, peer or self assessments.

(Abridged list of Learning Skills descriptors from Growing Success 2010)

Responsibility	Organization	Independent Work	Collaboration	Initiative	Self - Regulation
<ul style="list-style-type: none"> -fulfils responsibilities and commitments within the learning environment -completes and submits class work, homework, and assignments according to agreed-upon timelines -takes responsibility for and manages own behaviour 	<ul style="list-style-type: none"> -devises and follows a plan and process for completing work and tasks -establishes priorities and manages time to complete tasks and achieve goals -identifies, gathers, evaluates and uses information, technology and resources to complete tasks 	<ul style="list-style-type: none"> - independently monitors, assesses, and revises plans to complete tasks and meet goals -uses class time appropriately to complete tasks -follows instruction with minimal supervision 	<ul style="list-style-type: none"> - accepts various roles and an equitable share of work in a group -responds positively to the ideas and opinions, of others -builds healthy peer to peer relationships -works with others to resolve conflict and achieve group goals -shares information and expertise to solve problems and make decisions 	<ul style="list-style-type: none"> - looks for and acts on new ideas and opportunities for learning -demonstrates a willingness to take risks -demonstrates curiosity and interest in learning -approaches new tasks with a positive attitude -recognizes and advocates for the rights of self and others 	<ul style="list-style-type: none"> - sets own goals and monitors progress towards achieving them -seeks assistance when needed -identifies learning opportunities and strategies to meet personal needs and achieve goals -perseveres when responding to challenges

Please sign below to indicate that you understand and accept the evaluation policies

Please provide the contact information below

STUDENT NAME(print) _____ Date: _____

Parent/Guardian Name (Print) _____ Signature: _____

Parent e-mail _____

*** PLEASE RETURN THIS FORM TO THE TEACHER