

<p>Personal Health and Fitness Developmentally Delayed Class (grades 9-12) Semester One and TWO Course Code: KPF_ND Teacher: Meghan Hotrum</p>
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This is a non-credit earning course and all students in this course are working towards a Certificate of Accomplishment. The main goal of this course is for students to develop greater independence in a variety of life skills through the use of individual programming and visual supports.

Course Profile

Overview

The personal health and fitness program promotes healthy active living, enjoyment and regular participation in physical activity. This course will teach students to identify factors that contribute to a variety of relationships and the develop anger management strategies.

Units of Study

<u>Unit 1: Yoga and Relaxation</u>		
Students will demonstrate skills needed to show various yoga movements. Student will recognize tension and finds way to reduce stress.		
Assessment <i>for</i> Learning: goal setting written formative feedback anecdotal comments	Assessment <i>as</i> Learning: daily self assessment checklists for completion (on task check)	Assessment <i>of</i> Learning: task analysis prompt charts

<u>Unit 2: Strength and Flexibility</u>		
Students will demonstrate personal improvement in their performance of a variety of physical activities.		
Assessment <i>for</i> Learning: goal setting written formative feedback anecdotal comments	Assessment <i>as</i> Learning: daily self assessment checklists for completion (on task check)	Assessment <i>of</i> Learning: task analysis prompt charts

Unit 3: Aerobics and Endurance

Students will develop and combine their movement skills in a variety of physical activities (includes winter activities) and show an improvement in their physical fitness.

Assessment <i>for</i> Learning: goal setting written formative feedback anecdotal comments	Assessment <i>as</i> Learning: daily self assessment checklists for completion (on task check)	Assessment <i>of</i> Learning: task analysis prompt charts
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Unit 4: Feelings, Relationships and Public Private

Students will describe various feelings and strategies for dealing with their emotions. Students will recognize a variety of relationships and appropriate levels of trust and touch. Students will indicate areas, locations and body parts and describe if they are public or private.

Assessment <i>for</i> Learning: goal setting written formative feedback anecdotal comments	Assessment <i>as</i> Learning: daily self assessment checklists for completion (on task check)	Assessment <i>of</i> Learning: task analysis prompt charts
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Unit 5: Living Skills

Students will use time effectively through visual schedules and goal setting skills. Students will demonstrate social skills required with peers and staff. Students will prepare for transitions at the beginning and end of the day with increasing independence. Students will reflect on their daily schedule and communicate home.

Assessment <i>for</i> Learning: goal setting written formative feedback anecdotal comments	Assessment <i>as</i> Learning: daily self assessment checklists for completion (on task check)	Assessment <i>of</i> Learning: task analysis prompt charts
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