

Grade 12- Physical Education and Health 40s (0169)

McCreary School

Teacher: Mr. Dan MacFarlane

Credit Value: 1.0

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Pre Requisites: None

Location: Outdoors, gymnasium, weight room, room 9.

Course Duration: Semester 1- September to January.

Class Objectives: By the end of the course, students will:

- 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
- Have partaken in 100 hours of moderate to vigorous activity (Combination of in-school and out-of-school)

Course Components and Topics

Component 1: Physical Activity Hours

Students will be required to accumulate a minimum of 100 hours of moderate tot vigorous physical activity by the end of this course. These hours must be accumulated through a combination of in-class activities, and out-of-class personal exercise. See below for a breakdown of the hours.

In-Class Activity

All students will take part in at least 60 hours of in school activity. This will be covered through the fitness component and movement/activities throughout the course. In order to reach the 60 hours, students need to be present in class and be able to participate. Students will easily reach their 60 hours by the end of the semester if they are present and active during PE classes. This component will also include semi-weekly activity assessments and occasional self-assessments.

Out-of-Class Activity

Module A: Physical Activity Practicum

Students must complete a minimum of 40 hours of **out-of-school** physical activity participation at a **moderate to vigorous intensity level** throughout the duration of the course that contribute to cardio-respiratory endurance, plus one or more of the other health related fitness components (muscular strength, muscular endurance, and flexibility). These must be completed outside of school hours.

The selected physical activities must be safe, ethical, and age/developmentally appropriate, and they may include:

- School-based team sports
- Community-based team sports
- Individual sports such as running, hiking, resistance training, etc.
- Work that includes physical labour

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. Some examples would be walking or light gardening. ***Does not count toward hours***
- **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. Some examples could be a light jog, lower weight resistance training, or climbing stairs.
- **Vigorous activities** are physical activities that cause breathing and heart rate to increase to a higher level, whereby it would be difficult to talk. Some examples would be running, heavy resistance training, or most sports play.

Component 2: Modules/Health

The health and wellness component of this course is covered through a series of modules which will be completed between school and home. These modules are made up of a combination of self-evaluative quizzes, scenarios, and research activities. Each module will be previewed and discussed in class, but much of the actual work can be completed at home. There will be more available class time to work on modules this year to allow students to complete some of the reading and ask questions.

<u>Grade 11</u>	<u>Grade 12</u>	<u>Due Date</u>
Module A: Activity Planning	Module A: Activity Planning	(Sept 29)
Module B: Fitness management	Module B: Fitness Management	(Oct 31)
Module C: Mental Emotional Health	Module C: Nutrition	(Nov 30)

Module D: Social Impact of Sport

Module D: Personal & Social (Dec 22)

Module E: Substance Use and Abuse Prevention

Module E: Healthy Relationships (Jan 30)

Component 3: Fitness and Resistance Training

Students will be completing regular training sessions in the weight room. The key focus will be having students learn to set reasonable and attainable fitness goals, and to follow a plan involving the progressive overload ideology of cardiovascular health, resistance training, or a combination of both.

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. The following items will be used for assessment throughout the year.

1) 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 40 hours of moderate to vigorous physical activity by the end of the year)

2) Activity hours (In-class and Out-of-class)

- Students will be assessed on completion of 60 activity hours within the time frame of PE class. These will be tracked by Mr. MacFarlane. Students will automatically be assessed a pass for this portion if they attend and participate PE classes on a regular basis.
- Semi-weekly assessments and self-assessments will be completed using an activity rubric.
- Students will be required to accrue at least 40 hours out of class.

3) 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.

- The module workbooks will be handed out as hard copies and the reading materials will be located in Microsoft Teams (arrangements can be made to have these printed and handed out as well). These will also be covered during class as discussions to build understanding and share ideas.
- 4) *Volunteer Hours*
- Students must complete a total of 10 hours of volunteer work by the end of January.
 - These hours cannot be accrued during class time or through helping during sports in which the student participates (ex: senior girls' volleyball players cannot get hours by scorekeeping during boy's games, and vice versa).
 - The goal is for students to seek out volunteer opportunities which they may not otherwise consider, meaning students cannot get hours for family assistance they would normally be doing anyways (ex: cutting a family member's lawn, helping on the farm, etc).
- 5) *Fitness Training*
- Each student will maintain a portfolio of their cardio or resistance training through the duration of the course. Students will be assessed a passing mark at the end of January if evidence of goal setting and follow-through is observed throughout the year.

****Remember, this is a Pass or Fail class. ALL ASSIGNMENTS must be completed and must meet set expectations. Simply finishing these course components does not guarantee a pass. Anything assessed below a 65% will need to be re-done in order to be considered complete****

Classroom Rules, Regulations, Expectations, and Policies

Dress: Students are expected to bring a change of clothes and appropriate footwear for PE class every day. The reasons for this are two-fold; 1. wearing appropriate clothing for physical activity is key for safety of the students. 2. Personal hygiene can be maintained when changing for PE class. Appropriate gym clothes should include a shirt and pants (or shorts) that fit comfortably, but are not so loose that they may be a tripping or slipping hazard. Proper court or athletic shoes are strongly recommended, but so long as shoes are non-marking and can be properly fastened they will be fine.

Attendance: Students will be required to attend enough classes to accrue their 30 required in-class hours. Some special events, such as possible hikes or snowshoe trips, may have required attendance. Students will be given plenty of advanced warning for these classes. **NOTE: We have assigned PE classes every day in the 6-day cycle, but given this year's set-up, students will NOT be required to attend every PE class, so long as all components of the course are met.**

Medical Exemptions: Students that have received an exemption from completing physical activity will be required to make up the missing time through additional weight room sessions, or completing alternate assignments during the classes they are unable to participate.

Having a self-diagnosed injury or illness will not be considered acceptable cause for missing class, and may reflect negatively on your weekly assessment and final mark.

Respect and Responsibility: Respect is our **#1 RULE**. Students are expected to show respect to:

1. Classmates: Use encouraging language and invite others to join in your groups during activities and games.
2. Equipment: Treat all equipment in the gym and weight room as if you had to pay to replace it if broken.
3. Mr. MacFarlane, substitute teachers, and educational assistants: Listen for directions, avoid talking over staff if they are speaking, and be prepared to start and stop activities as asked.

I will make every effort to show you respect if you can promise to do the same for me. Students that choose to ignore this rule will be asked to leave the gym and may have their parents contacted without warning.

Behavioural Assessment (From the Provincial Document)

Students will be assessed as per the guidelines from the Manitoba provincial report card, in the areas as follows:

Personal Management Skills- Organizes material, uses class time productively, works independently, completes all work on time, persists when faced with challenges, seeks help when needed, demonstrates a strong work ethic, shows patience, demonstrates on-task behaviour, sets personal management goals

Active Participation in Learning- Shows interest, asks questions, takes initiative, self-assesses work quality based on criteria, uses feedback to improve learning, uses criteria to provide feedback, uses a variety of media for communication, investigates questions, hypothesizes, analyzes

Social Responsibility- Works and interacts well with others, is welcoming and positive, shares resources and equipment with others, respects school values, respects and follows classroom routines, takes an equitable share in group work, is courteous, respects the need for safety, sets personal management goals.

Late Assignment Policy

- McCreary School's policy for late assignments was developed in accordance with the Provincial Assessment Policy.
- The guidelines for late assignments are as follows:
 1. Teachers will set and communicate reasonable timelines for assignments
 2. Teachers will share timelines and reminders with students through various formats (ex. course outline, email, post in classroom, etc.)
 3. Teachers will assist students to meet timelines – monitor progress, check-ins
 4. Students who struggle will require additional support from the teacher
 5. Extensions will be granted at the teacher's discretion, for valid and legitimate reasons only (ex. Illness)
 6. Teachers will communicate with parents or set up parent/teacher/student conferences to discuss late assignments
 7. Teachers will make an arrangement with student to complete work
 8. Teachers will create alternative assignments for diverse learning needs

Incomplete Work

Where the above guidelines have been followed and assignments are not handed in by the given due date, a deduction in marks will apply. Upon teacher discretion a maximum of **5%** may be deducted for every day the assignment is not turned. If the assignment is not turned in after **two weeks** or at the start of a new unit, the assignment will receive a mark of zero.

Academic Integrity and Honesty

Students guilty of cheating (copying, plagiarizing, etc.) will receive a zero and their parents will be notified. This includes use of work found online or provided by another student.

Student Support and Attendance Policy

The teacher will be available for additional support outside of the classroom hours and is the responsibility of the student to arrange a time with the teacher. Students will be responsible to

complete work they miss in the case of their absence (which the teacher must be informed in advance, when possible). Those who do not attend class regularly will be referred to the Learning to 18 Coordinator.

Homework Policy

So long as they are focused and engaged, students will be given ample time to complete assignments during class. However, there may be times that work needs to be completed outside of school, especially for end of unit assignments and/or studying for tests. Homework will not be assigned for the sake of giving homework, but students are expected to take unfinished work home if they have been unable to complete it during class.

Use of Technology

Phones and laptops will be permitted for use in class so long as they are being used appropriately. They can be used to listen to music during work periods, as a calculator during assignments (not permitted on tests or exams), or general use, sparingly. Students will be expected to have phones away during active teaching time, and may be asked to put them away if being used inappropriately. If a student refuses to follow these rules, their device may be taken and placed on the teacher's desk until the end of class.