

## **Grade 12 Phys Ed and Health Course Requirements**

### **1. STUDENT UNIFORM:**

- P.E. t-shirt, P.E. shorts, and or P.E. pants
- Personal hygiene items for a shower (towel, shampoo, deodorant, socks, and underwear).
- Inside and outside shoes...sandals are not acceptable.
- Your shorts must be worn around your waist...not your butt!

**NO UNIFORM = NO PARTICIPATION = REDUCED MARK**

### **2. COURSE OUTLINE:**

#### **TERM (70%):**

#### **Knowledge & Understanding (K/U) 15%**

- Health: Unit 1 Healthy Living
  - \*Healthy Growth & Sexuality
  - \*Mental Health
  - \*Personal Safety & Injury Prevention
- Unit 2 Relationships Part II
  - \*Decision Making
  - \*Stress Management
  - \*Social Skills

- You will be evaluated by written tests, notebooks, assignments, and presentations.
- Portions of your unit tests (ie. golf/tennis) also may be used in K/U.

#### **Application (App) 40%**

- (App)- \*Active Participation & Physical Fitness (20%)
  - participate regularly, demonstrate positive, responsible personal and social behaviour
- \*Safety (10%)
  - apply appropriate guidelines and procedures for safe participation in physical activities(ie. wear appropriate attire)
  - demonstrate behaviour that minimizes risk to others and themselves (ie. warm-ups)
- \* Physical Activity-Movement Skills (10%)
  - demonstrate development of movement skills in a variety of physical activities
  - apply movement principles to refine movement skills

A copy of the rubric that will be used to assess participation, safety and physical activity is attached.

**Thinking/Inquiry/Problem Solving (TIPS) 8%**

- Presentations: 1. In health- Healthy growth & Sexuality
  - Decision Making
- 2. Teach a day during a PE unit. (warm-up, stretch, drills, culminating activity, cool-down..complete with any instructional material you need)
  - explain factors (motivation, equipment preparation such as warm-ups, safety issues) that affect performance and participation in sport activities.

Evaluation will be based on oral and written presentations.

**Communication (Com) 7%**

- \*Physical Activity/Active Living -written tests during Phys. Ed. units (ie. golf, tennis, badminton).
  - you will be expected to know rules and strategies of each activity
- \*Health- describe/explain benefits of lifelong participation
  - oral presentation marks also.

**FINAL/SUMMATIVE EVALUATION (30%):**

|                                      |           |
|--------------------------------------|-----------|
| <b>Knowledge &amp; Understanding</b> | <b>5%</b> |
| <b>TIPS</b>                          | <b>2%</b> |
| <b>COMM</b>                          | <b>3%</b> |

\*\*\*\*There will be a final test scheduled during class time within the last week of school. You will be expected to know the rules and strategies of the sports we have played (**K/U**). You will also be expected to communicate the proper technique of an aspect of some sports (describe the proper body and racket positioning to execute a smash in badminton) (**COMM**). You will also be given scenarios that may involve safety or health topics that you will have to correct or determine the problem (**TIPS**) (a couple has a misunderstanding, you will be required to explain how proper communication could have avoided the misunderstanding).

**Application 20%**

\*\*\*Over the last three units, your application (participation, skill, safety & physical fitness) will count towards your summative assessment.\*\*\*

**3. Potential PHYSICAL ACTIVITIES:**

|               |                  |              |
|---------------|------------------|--------------|
| *Curling      | *Archery         | *Volleyball  |
| *Tennis       | *Golf            | *Badminton   |
| *Ultimate     | *Soccer          | *Baseball    |
| *GLO          | *Weight Training | *Plyometrics |
| *Orienteering | *Squash          | *Hockey      |