

Grade 11 Physical Education 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:

Formative Evaluation (70%)

Knowledge and Understanding (K/U) 15%

Health: Unit 1 *Healthy Growth & Sexuality
*Mental Health
*Personal Safety & Inj. Prevention

Unit 2 *Decision Making
*Stress Management
*Social Skills

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

Application (App)

40%

*Active participation & Physical Fitness (20%)

- participate actively, demonstrate positive, responsible personal and social behaviour

*Safety (10%)

- for example 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 will be provided

Thinking, Inquiry, & Problem Solving (TIPS)

8%

- Presentations:
1. Health -Healthy growth & sexuality
 - Decision Making
 2. Teach a day during PE unit.
(warm-up, stretch, drills, culminating activity, cool down, and instructional material needed)
 - explain factors (ex. Motivation, equipment, preparation such as warm-ups, safety issues) that affect

performance and participation in sport activities

Evaluation will be based on oral presentation and the necessary written component.

Communication (Com) 7%

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

Summative Evaluation (30%)

Knowledge & Understanding	5%
TIPS	2%
Communication	3%

*A final test will be 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 (for ex. 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 a positive solution (TIPS) (For ex. a couple has a misunderstanding, you will be required to explain how proper communication could have avoided the situation)

Application

20%

Over the last three units, your application (participation, skill, safety, & physical fitness) component will be directed towards your summative assessment.

3. Potential Physical Activities

Curling

Archery

Volleyball

Tennis

Golf

Badminton

Ultimate

Soccer

Baseball

GLO

Weight Training

Plyometrics

Orienteering

Squash

Hockey