

A large portion of this course will be based on participation. Students have been enrolled in PE now for 3-4 years and this is a chance to participate in some alternative Physical Education options. Life long leisure skills will be incorporated along with some of the more traditional physical education activities offering an inclusive, both co-operative and non-competitive and fun setting.

Personal and Social Responsibility (80%)

60% based on in school activities

20% based on recreational activities outside of the School

Evaluation is based upon the student's level of intensity and effort when performing an activity in class. The teacher will observe whether the student has applied him/herself to the best of their ability and evaluate on how well he/she demonstrates the following:

- Appropriate behaviour
- Appropriate P.E. strip
- Encouragement and support
- Etiquette and respect
- Safety of others
- Leadership
- Fair Play
- Enjoyment

Movement (10%)

Students will demonstrate efficient and effective movement and body mechanics. A skill test specific to the activity or unit may be given. Students will be evaluated individually and in game situations

Fitness (10%)

Students will need to demonstrate their understanding of principles and concepts that support active living. Participation in Fitness Testing, Fitness classes and school runs will make up the majority of this mark.