



GRADE 12 PE COURSE OUTLINE

Objectives

1. Foster positive attitudes towards lifelong physical activity.
2. Encourage active participation in school and community-based leisure activities.
3. Identify and pursue the development of personal physical skills in a variety of activities including fitness.
4. Promote problem-solving skills.
5. Demonstrate the ability to involve all students in all activities regardless of gender, age or skill level.
6. Develop communication and leadership skills.

Expectations

1. Students in this course are to act as role models for junior classes by displaying a higher level of maturity, responsibility and leadership.
2. Students are expected to participate in all community-based activities.
3. Students are representatives of the school when out in the community and must behave in an appropriate manner.
4. If you arrive late to school and miss the departure time for a community activity you are expected to check in with another PE teacher and participate with that class. Failure to do so will be considered as an unexcused absence. Extenuating circumstances may be considered.
5. Students in this course will need to pay a **course fee (\$50.00)**. This money will be used for activities such as: bowling, rock climbing, golfing, bike riding, hiking, laser tag, Extreme air park. Extra fees may be needed for extra field trips such as dragon boating.
6. Students in this course **must complete student leadership activities.**
7. Students in this course will participate in ALL 5KM training days and FITNESS days.
8. NO IPODS / NO PHONES. Teachers will confiscate them if they are seen in class.

Transportation to Community Activities

Depending on the location of the activity, the following modes of transportation will be used:

Public transportation, taxi cabs, or rented school bus

Note: Students **WILL NOT** have the option to drive themselves (and others) to a field trip destination. This is a school and district policy that must be obeyed by all students in senior classes.

Attendance

1. If a student is absent from PE class he/she will receive zero for participation marks for that class. Students arriving late for class will receive a maximum of 3/5 for that day.

2. Opportunity to make up missed class time is possible, but must occur within 2 weeks of a student's absence
3. All legitimate absences must be supported by a note from home **within two days** of the absence. (sickness, doctor/dentist appointments, etc.).
4. Medically excused students (i.e. note from home and/or doctor) **will be expected to participate every day and participate in a modified PE related activity.** Thus, PE strip is required under all circumstances.
5. Students with extended medical excuses (longer than one week; supported with note from doctor) may be required to complete a written assignment.

PE Clothing:

Students are expected to wear clean and appropriate gym strip and be prepared to participate in all activities. Long hair is to be tied back, no gum and no jewellery. **Students who are not in PE strip will receive a mark of 0/5 for daily participation.** You are a senior student and for the sake of maturity and personal hygiene, it is expected that you will wear appropriate PE clothing.

Appropriate PE clothing consists of:

- T-shirt and shorts and/or track suit/sweats
- Socks, running shoes with shoe laces tied properly.

Inappropriate PE clothing consists of:

- Half T-shirts, muscle shirts or tank tops
- Cut -offs
- Sport sandals
- Any portion of regular street clothing that includes alcohol & drug ads or discriminating statements.
- School team uniforms

Change Rooms

- Lockers are available in the change rooms for use during your PE class only. Please lock all clothing in a locker during your PE class (No lockers in Boys' changerooms)
- No matter how security conscious we try to be, **THEFTS CAN OCCUR IN THE CHANGEROOMS.** Your teacher cannot be expected to take care of your valuables. You are encouraged to make use of the lockers for your clothes however, **PLEASE LEAVE ALL VALUABLES AT HOME.**

Evaluation:

1. Students will receive Daily Evaluation Marks based on their attitude, effort, behavior, and participation
2. Field trips: Field trips will be marked as a "participation" class. Going out into the community is part of this course, therefore, marks are out of /20 for field trips.

***** IF YOU MISS A FIELD TRIP ***** To receive your 20 marks... you need to do the following:

- a) Report to a teacher in that block
- b) Participate with that teacher's class ** NO WEIGHT ROOM OPTION **
(5 marks)
- c) Complete a 2-4 page, single-spaced, typed (12 font) report on the field trip you missed. Here is the criteria: (15 marks)
 - a. Title Page

- b. Explanation of field trip (What is it... full explanation, where is it, what do you do there?)
- c. How does this FT relate to Physical health, fitness and / or wellness?
- d. What are the benefits with attending this FT? (Exercise, social, community involvement?)
- e. If you could attend this field trip, what would you have enjoyed most about it?
- f. Since you missed the field trip, give a full detailed explanation of the activity you did in class. Which teacher were you with and what was your activity? How did this activity make you feel afterwards?

3. Students will create and teach a "new game" to the rest of the class (outline attached).

Marks breakdown	
Active Living: Participation (daily eval / 5), field trips (20) attitude, personal/social responsibility)	70%
Fitness (assessment, 5k, warm up runs, circuits)	20%
Student Teaching Assignment	10%

STUDENTS MUST DETATCH AND RETURN THIS FORM TO THEIR TEACHER ASAP

I, _____, have read the above course outline and fully understand the expectations of this course. I understand the grading system and the mark breakdown for daily participation. I also understand the expectation to complete and participate in the fitness component for Senior PE.

Block: _____ Teacher: _____ Date: _____

Student Signature: _____ Parent / Guardian signature: _____

Parent / Guardian email address: (optional) _____