

PHEAL 11 Course Outline: Semester 1 – 2014-2015

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Overview:

PHEAL is Physical Education credit that allows students to explore many areas of fitness, health and well-being. This course focuses on many active life long pursuits such as outdoor fitness, active transportation and alternate recreational programs. Students will learn about their community and ways to get active in that community. Students will learn about goal setting and personal fitness goals. Finally students will learn about healthy living and that it is much more than just physical health. This course is spent in the classroom and in the gym. Participation is a key component of all activities presented in this course.

Content of Oceans 11:

Module	Module 1: Active Lifelong Pursuits (45%)	Module 2: Community Participation (10%)	Module 3: Personal Fitness & Goal Setting (35%)	Module 4: Healthy Living (25%)
Content in Module	<ul style="list-style-type: none"> - participate in a variety of lifelong physical activities - Participate in a variety of modes of active transportation - Lead an active game amongst peers - Be environmentally conscious. 	<ul style="list-style-type: none"> - Identify barriers and solutions to participation in physical activities - participate in community events - Learn to live healthier, more active life - play fair in all areas. 	<ul style="list-style-type: none"> - assess personal fitness level - develop fitness plan - learn how to work out correctly - set fitness goals 	<ul style="list-style-type: none"> - healthy nutrition - mental health - analyze health related services and products

Assessment:

Physical Education courses require commitment and students must take responsibility for achieving the outcomes. Unit assessments will consist of multiple opportunities for a student to demonstrate their understanding of the outcomes. Such opportunities include but are not limited to tests, quizzes, in-class assignments, presentations and projects. No one method of assessment will be worth more than 50% of the unit. Throughout the semester, students may feel that they have not successfully demonstrated their understanding of particular outcomes and would like another opportunity to demonstrate that they now “Get It”. Please refer to the “I Get It” link documentation teacher/school website for more details. As per HRSB assessment policy; grads will be derived from a student’s most recent assessment.

Assessment Rubric: Bi-Weekly Assessments

Level of Achievement	Level 1			Level 2			Level 3			Level 4		
Point Values	1	2	3	4	5	6	7	8	9	10	11	12
Demonstration of curriculum outcomes	Not meeting minimum course expectations; Limited engagement, activity, intensity, competence and application of appropriate safety procedures			Approx. 50% of the time physical course expectations are being met; Some engagement, activity, intensity, competence and application of appropriate safety procedures			Approximately 75% of the time physical course expectations are being met; Considerable engagement, activity, intensity, competence and application of appropriate safety procedures			Consistently meeting the physical course outcomes at a high standard High degree of engagement, activity, intensity, competence and application of appropriate safety procedures		
Bi-weekly Mark: ____/12	Additional Comments:											

Final Assessment:

- 80% Course Outline
- 20% Final Exam: The exam is broken down into 70% written, 30% gym.

Communication of achievement:

The School-Wide Continuous School Improvement Goal involves developing critical thinking skills for all students. The focus this year will be on questioning, discussion and self-reflection to strengthen understanding of content. Teachers and students will continue to make use of technology to enhance critical thinking.

Communication of Student Achievement:

A collaborative effort of all stakeholders (student/parent/teacher) is important to ensure student academic success. In an effort to maintain communications, a number of avenues are available:

- Class websites/Moodle sites are updated regularly
- Marks and attendance can be checked at any time on the Parent/Student Portal of Power School. If you do not have a password for the portal, please contact the main office.
- The auto-dialer calls home regarding unexcused absences and upcoming events.

- Parents and students are encouraged to contact the teacher via email if they have any concerns regarding academic progress.
- Important dates:
 - Curriculum night: September 16
 - Parent/Teacher interviews: November 17.

Class Requirements:

Students will be expected to have the following with them for each class:

- 3-Ring Binder and Loose-leaf, Pens and Pencils
- Password for school computer network, optional USB flash drive to save work on
- Gym clothing and proper foot wear for the gym floor

Classroom Expectations:

- Come prepared for class
- All electronic devices are prohibited. Electronic devices that are being a distraction will be confiscated according to the CPA Student Handbook.
- CPA is a Scent-Free Environment, please respect this policy in the school.
- Comfortable exercise clothing – separate from your street clothes.
- Clean running shoes or sneakers tied to your feet!
- You must have – a labeled water bottle
- Do not leave valuables – in the locker rooms! Keep them in your locker.
- Do bring a smile with your positive and enthusiastic attitude.
- Always be cooperative, respectful, and active.

Student Responsibilities:

1. Any assignment which is found to be plagiarized in any capacity will be automatically assessed a mark of zero. While plagiarism will be covered in class, students are encouraged to read the section on academic honesty in the CPA student handbook.
2. Missed assignments or tests will only be granted a make up if an appropriate excuse is given.
3. Students who miss a test must come to class prepared to write the test the day of their return.
4. Students who miss more than 16 classes will be in danger of not getting the credit. See the CPA student handbook for more details.
5. Tardiness may also lead to academic hardships. Students are asked to be on time for class. Those showing up late should make minimal disruption when entering