

SOUTH CARLETON HIGH SCHOOL
STUDENT OUTLINE
PAF40
Personal Fitness

Credit Value: 1 credit

Hours: 110 hours

Course Overview

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

Unit Title	Hours	Performance Tasks	Specific Expectations
1. Physical Activity	65	1. Tests and Quizzes	- demonstrate personal competence in applying complex movement skills and principles; -apply the guidelines and strategies that enhance participation in recreational and sports activities. -demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives; -participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation; -develop personal health-related physical fitness; - demonstrate responsibility for their personal safety and the safety of others. -use social skills to work effectively in groups and enhance relationships. - describe how society and culture affect individual perceptions and expressions of sexuality; - demonstrate an understanding of strategies that promote personal safety and prevent injuries; - demonstrate an ability to use specific strategies to enhance their own mental health and that of others; -use decision-making and goal-setting skills to enhance their daily lives; - demonstrate an understanding of strategies that promote healthy relationships.
2. Active Living	10	2. Culminating Activities	
3. Healthy Living	10	3. Group Work	
4. Living Skills	10	4. Research Displays	
5. Summative Performance Task	15	5. Oral Presentations	
		6. Fitness Assessments	
		7. Skills Development	
		8. Web Quests	
		9. Role Plays	
		10. Discussion	
		11. Document Analysis	
		12. Reflective Writing	
		13. Formal Examination	

STUDENT RESPONSIBILITIES

- Students are required to attend classes regularly, dress prepared to participate in physical activities, and submit work on time. Absence for any reason does not remove the responsibility of a student to complete work in a timely manner.
- Students who commit *academic fraud* i.e. *plagiarize or cheat*, and those who miss performance tasks without a legitimate and substantiated excuse risk completing course requirements. See student planner.
- All incomplete work will be factored into the final mark. When a student fails to demonstrate competence with a task for this or any reason, remedial work may be assigned at the teacher's discretion. In these cases, a reasonable timeline must exist to facilitate the completion and subsequent evaluation of the performance.
- Students may on occasion negotiate with the teacher to have an assignment submitted late. All work accepted for marking will be professionally evaluated; however, written feedback and anecdotal remarks on late submissions may not be possible based on time constraints.
 - See School Assessment, Evaluation, and Reporting Policy for details.

Evaluation

Term reports	Final Report
<i>Categories for each assessment tool including approximate percentages.</i>	
Knowledge & Understanding 10	Term 70 %
Thinking/Inquiry/Problem Solving 15	Reflection 15 %
Communication 15	5 or 10 km run 15 %
Application 35	Total 100%
70%	
<i>Assessment tools include tests/quizzes, assignments, performance tasks and rich assessment tasks</i>	<i>Participate in community 5K event and unit reflection.</i>

Text: Glencoe Health (replacement cost \$105.00)

Character Education Statement

The South Carleton Healthy Active Living Education department strives to develop a quality educational environment based on positive values and to instill in students a sense of character and ethics which will contribute to building an honourable and productive society. An educated citizen is the foundation of a democratic society in which respect and responsibility determine strength of character.