

SOUTH CARLETON HIGH SCHOOL
STUDENT OUTLINE
PAF30
Personal Fitness

Credit Value: 1 credit

Hours: 110 hours

Course Overview

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, mental health, and personal safety.

Unit Title	Hours	Performance Tasks	Specific Expectations
1. Physical Activity	65	1. Tests and Quizzes	- demonstrate personal competence in applying movement skills and principles;
2. Active Living	10	2. Culminating Activities	-use decision-making and goal-setting skills to promote healthy active living;
3. Healthy Living	10	3. Group Work	-demonstrate an ability to use stress management techniques;
4. Living Skills	15	4. Research Displays	-demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.
5. Summative Performance Task		5. Oral Presentations	- apply their knowledge of guidelines and strategies that can enhance their participation in recreational and sports activities.
		6. Fitness Assessments	- participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation;
		7. Skills Development	- demonstrate improved physical fitness;
		8. Web Quests	- demonstrate responsibility for their personal safety and the safety of others.
		9. Role Plays	- demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety;
		10. Discussion	- describe the influence of mental health on overall well-being.
		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>	Term 70 %
Knowledge & Understanding 10	Reflection 15 %
Thinking/Inquiry/Problem Solving 15	5 km run 15 %
Communication 15	Total 100%
Application <u>35</u>	
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.