Seaquam Women’s PHE 11/12

Course Outline

**Course Objectives:**

Our Physical and Health Education programs are designed to enable students to enhance their quality of life through participation in life- long physical activity. This course focuses on improving students’ personal fitness levels as well as improving their healthy lifestyle choices. Our goal is to provide students with the skills, knowledge, attitudes and confidence to maintain active and healthy lifestyles both in and out of school.

***Course Description:***

Women’s Physical and Health Education 11/12 is a course in which students meet active living, movement, and personal and social responsibility outcomes through participation in a range of activities and activity related assignments. This learning is intended to develop students’ knowledge, skill level, confidence, attitude, and behaviours toward health and physical activity. It is hoped that through this development students foster a greater appreciation for and interest in activity and choose to make activity part of their daily routine. By doing so, students may enjoy a healthier, happier, and higher quality life.

Throughout the year this class will mainly focus on participating in a variety of fitness activities such as yoga, boot camp, tabata workouts, etc. We will also explore community opportunities such as hot yoga, spinning class, hiking etc. Course participants can be part of creating the content of this course and choosing the types of activities or sports that take place in the class.

Because physical and health education is largely participation based, it is imperative that students come to class ready and willing to participate. Students are required to bring a change of clothes to each class that is activity and school appropriate.

It is recommended that students bring a water bottle to class as some of the activities in which students will be participating will be done so at a moderate to vigorous level of intensity.

***Assessment:***

Students will be evaluated on a cumulative basis according to the following components:

Active Health and Participation 60%

Fair Play and Leadership 15%

Field Trip Participation 15%

Theory 10%

Each term students will also be assigned a works habit mark (G, S, N) based on their overall work habits throughout the term based on:

Attendance Effort

Punctuality Preparedness (Proper strip)

***Expectations:***

***Attendance & Punctuality:*** Students are expected to attend all classes and participate to the best of their abilities. Students are expected to be sitting in attendance rows when they arrive in the gym. Students will be dismissed a few minutes early at the end of class to change clothes. Students will wait outside their change room until the bell.

***Missed Classes:*** If students are away from class Parents need to inform the office or provide a note upon the students return. Students with more than one missed class in a unit will be permitted to make-up the class in the weight during one of the scheduled times. Students who do not make up the class will not be given marks for that day. Any student with an unexcused absence will not be given their daily mark and parents will be informed.

***Jewelry:*** Students should not wear jewelry in PE class for safety reasons. Watches, rings, necklaces, and big earrings can cause a variety of injuries and should be left in the students’ big lockers – not their gym locker. Please do not bring electronic devices to the gym area.

***Lockers:*** Lockers are available for use in the change rooms. These lockers are only for use while the student is in PE. Students MUST LOCK UP all clothes and valuables each period to avoid things being stolen. Students’ belongings are the STUDENTS’ RESPONSIBILITY – therefore, lock up all your belongings.

***Illness and Injury:*** Due to illness and injury, students’ ability and participation may be affected. In most cases, the activity of the day can be adapted so that the ill or injured student can participate in a modified capacity. If students are well enough to attend school and are present in class they are still expected to participate to the best of their ability, albeit in a modified capacity. If ill or injured, students should be informing me of what they can do rather than what they can not do.

***PE Strip:*** Students must change for every PE class. Students must not wear the same T-shirt/sweatshirt or shorts/sweatpants to PE as they do to their other classes. Students will also need running shoes with good support for a variety of activities. Students not in proper strip will still be expected to participate in class as long as it does not put any student at risk.

***Cell Phones:*** Students are not permitted to have cell phones in class with the exception of the weight room for music. Students caught with their phone or texting will have it taken away and returned at the end of the block.

***Outdoor Activities:*** Due to the number of classes in a block, sometimes we will be scheduled outside when it is raining. Please make sure that you have appropriate attire to be outside (light jacket, sweatpants etc.).

***Respect and Inclusion:*** Students must treat all students in class with respect and ensure that all students feel comfortable, safe and included within class. There will be a zero tolerance on all bullying behavior.

***Equipment and Safety:*** Students must ensure they listen and follow all instructions regarding activities, drills and equipment to ensure the safety of all students in class. Any student participating in an unsafe manner will be removed from the days’ activity.

***Communication:*** Students and parents are encouraged to communicate openly with their teachers. Parents are encouraged to use email to communicate. All emails can be found on the Seaquam website.