



A. Y. Jackson S. S.
www.ayjackson.ca

PAI 30
Rackets Course
Grade 11, Open Focus

General Course Information

Prerequisite:	None
Department:	Physical and Health Education
Extra Help:	Phys. Ed. Office (Room 146)
Textbook and Replacement Cost:	n/a
Material Required:	Gym Uniform
Course Fee:	none

Course Description

This course focuses on the development of fitness and health through the use of small group activities such as Table-Tennis, Badminton and Tennis. In addition to skill development in these activities, there will be an emphasis on peer leadership within the class setting, as well as outside of the class environment. Fitness training will also be developed with the aim of improving personal fitness with respect to the requirements of the Racket games mentioned above. In addition to skills, students can expect to concentrate on refining strategies and tactics.

The course is organized into 2 strands:

- Living Skills
Personal skills/ Interpersonal skills/ Critical and Creative Thinking
- Active Living
A. Active Participation/ Physical Fitness/Safety
B. Movement competence: Skills, Concepts and Strategies
Movement Skills and Concepts/ Movement Strategies
C. Healthy Living
Understanding Health Concepts/ Making Healthy choices/Making connections to healthy living.

A detailed list of the course expectations can be found at *The Ontario Curriculum, Grades 9 to 12: Health and Physical Education, 2015. Ministry of Education and Training.*



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Assessment and Evaluation

To promote student success, ongoing assessment and feedback will be given regularly to the students. A variety of assessment and evaluation strategies will be used in this course, including Skill Demonstration, Game Play, Journal, Pencil and Paper Tests, Quizzes, Fitness Profile, Fitness logs, Projects, Research Assignments, 1v1 Conferences, Portfolio .

Expectations will be evaluated based on the provincial curriculum expectations and the achievement levels outlined in the ministry document.

Expectations are organized into four categories of knowledge and skills. The categories and their corresponding weighting is as follows:

Knowledge and Understanding	25%
Thinking	5%
Communication	5%
Application	65%

Each student's final mark will be in the form of a percentage grade based on their achievement in the 4 categories on the achievement chart. The breakdown of the final mark is as followed:

Term Evaluation	70%
Final Evaluation	30%

The final Evaluation will be completed during the final 6 weeks of the course. The practical component will involve being assessed in the student's chosen activity (Badminton, table-tennis or Tennis). The theory component may include a variety of summative activities including, a presentation, a seminar, or an essay or another writing assignment.

In addition to students' performance in the achievement categories, students will also be assessed on their performance in the following learning skills:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

For specific policies on assessment and evaluation, and academic honesty, please refer to *School Procedures* in the student agenda.

Physical Activity Content

- Table-Tennis
- Badminton
- Tennis
- Various Personal Training methods including: resistance; circuit; fartlek; aerobic; interval; plyometric, speed, agility and speed training.

In-Class Expectations

- **Come prepared for class with: a t-shirt/ Gym shorts or track pants (no buckles, straps)/Running or court shoes/ Pen, Pencil for Health Class.**
- **Remove all electronic equipment, jewellery and bracelets.**
- **Leave valuables in your locker and bring all your belongings into the gym or out to the field.**
- **Participate to the best of your abilities, respect and encourage your classmates.**
- **Do not bring food (including gum) or drink (except water) into the Physical Education facilities.**



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