

# PERSONAL FITNESS ACTIVITIES: Gr. 10/11 (PAF 2/30F)

## Course Outline



**Course Title:** Personal Fitness Activities, Grade 10/11 Open (PAF 2/30F)

**Grade:** 10/11 **Course Type:** Open **Ministry Course Code:** PAF 2/30 **Credit Value:** 1.0

**Course Overview:** This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively.

STRANDS	OVERALL EXPECTATIONS By the end of this course, students will:
<b>Living Skills</b>	<ul style="list-style-type: none"> <li>Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living Strands for this grade</li> </ul>
<b>Active Living</b>	<ul style="list-style-type: none"> <li>Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives;</li> <li>Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;</li> <li>Demonstrate responsibility for their own safety and the safety of others as they participate in Grade 10/11, Open physical activities.</li> </ul>
<b>Movement Competence: Skills, Concepts and Strategies</b>	<ul style="list-style-type: none"> <li>Perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;</li> <li>Apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.</li> </ul>
<b>Healthy Living</b>	<ul style="list-style-type: none"> <li>Demonstrate an understanding of factors that contribute to healthy development;</li> <li>Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;</li> <li>Demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.</li> </ul>

Note 1: Ontario Ministry of Education curriculum documents with full course content information can be located at

<http://www.edu.gov.on.ca/eng/curriculum/secondary/health.html>

Note 2: Detailed information on Ministry of Education assessment, evaluation, and reporting policy is provided in Growing Success: Assessment, Evaluation, and Reporting in Ontario School, First Edition, Covering Grades 1-12, 2010, located at <http://www.edu.gov.on.ca/eng/policyfunding/growSuccess.pdf>

This course is divided into a number of units throughout the semester which will include:

- Fitness Analysis/Appraisal & Healthy Lifestyle
- Anatomy/Exercise Physiology
- Nutrition
- Fitness Program and Design
- Supplements/ Ergogenic Aids /Exercise Equipment
- Aquatics Fitness Unit \*

In addition to fitness-based units, students will take part in a small number of health-based units during the course. Topics to be explored during these units may include:

- Healthy Eating & Body Image
- Personal Safety and Injury Prevention;
- Substance Use, Addictions and Related Behaviours;
- Human Development and Sexual Health.

## PAF 2/30 Key Learnings and Achievement Chart Categories

### Term Mark (70%)

ACHIEVEMENT CATEGORY:

KEY LEARNING

APPLICATION 45%

Participation & Safety (35%)  
Fitness & Movement Skills (10%)

KNOWLEDGE/UNDERSTANDING 10%

Fitness & Health Concepts  
Quizzes and assignments

THINKING/INQUIRY 10%

Fitness assignments  
Health assignments

COMMUNICATION 5%

Social Skills  
Presentations and Assignments

### Culminating Activities (30%) \* TBD

- Student will complete a series of tasks that include:
  - Demonstration of exercises and fitness tasks
  - Creating, implementing and executing a fitness training program \*\*
  - Completion of personal reflection activity appraising fitness performance tasks and applying fitness concepts



# PERSONAL FITNESS ACTIVITIES, GR.10/GR.11 (PAF2/30F)

## *Class Expectations*

### 1) GOOGLE CLASSROOM AND CLASS ANNOUNCEMENTS

Class announcements and reminders will be posted on Google Classroom. If you plan to use a mobile device, it is encouraged you turn your notifications “ON” so that you do not miss out on assignment postings, due dates and class announcements.

### 2) SOCIAL DISTANCING, PPE, AND STUDENT RESPONSIBILITIES

Students must adhere to social distancing rules and guidelines outlined by the TDSB and Toronto Public Health. Students are also encouraged to practice proper hand hygiene. Whenever possible, Physical Education classes will be held outdoors. Masks or face coverings must be worn when inside the building. Students are expected to wear their masks/face coverings while participating in indoor physical activity sessions. Students should bring an extra mask with them to school.

Students will be provided a cleaning solution to assist with the cleaning of fitness equipment before and after personal use.

### 3) IN-CLASS ATTENDANCE

**IN-CLASS ATTENDANCE:** Regular, daily and positive participation in PAF2/30F classes is essential to your success in this activity-based course. If you are absent, a daily participation mark cannot be assigned. **Students are responsible for any missed work while absent.** All absences must be properly documented through a phone call or email to the main office from a parent/guardian, in keeping with the school policy for absences and attendance.

**Special Circumstances:** *In the event of an injury that will affect a student's ability to participate over an extended period of time, the student must notify the teacher and main office immediately so that accommodations can be made. In most circumstances, students will complete an alternative assignment until they are able to participate again in class (students are still expected to complete all written evaluations for the unit).*

### 4) PARTICIPATION

It is expected that you will participate **TO THE BEST OF YOUR ABILITY** in all activities in every class during the semester. **Participation counts for a very large portion of your final mark—you will be given a daily mark for participation.** In addition, students will also be given a daily mark for their ability to demonstrate positive and respectful social skills.

Daily Participation Expectations	Daily Social Skills Expectations
<ul style="list-style-type: none"><li>➤ Arrive on time to class</li><li>➤ Dressed in proper athletic attire</li><li>➤ Listen while instructions are given by teacher</li><li>➤ Participate in all class activities to the best of your ability</li><li>➤ Help set up/take down equipment</li><li>➤ Demonstrate skills or answer questions</li></ul>	<ul style="list-style-type: none"><li>➤ Willingness to co-operate with a positive attitude</li><li>➤ Willingness to engage in fair play and show appropriate classroom etiquette</li><li>➤ Listen while instructions are given by teacher</li><li>➤ Show respect for, work co-operatively with, and encourage classmates and group/team members</li><li>➤ Assist other students with skills</li></ul>

## 5) GYM ATTIRE

**PLEASE ATTEND ALL CLASSES ALREADY DRESSED FOR INDOOR AND/OR OUTDOOR PHYSICAL ACTIVITY SESSIONS.** Activities may take place indoors or outdoors and will last for the duration of the period. **All students** enrolled in Health and Physical Education courses are required to wear athletic attire **to ALL IN-CLASS ACTIVITY BASED CLASSES.** Acceptable athletic attire consists of a t-shirt, the student's choice of athletic bottoms (i.e. shorts, sweatpants, leggings), and indoor running shoes. Be mindful of your clothing choice and ensure your clothing choice will allow you to comfortably and actively participate to the best of your abilities. **It is the responsibility of the student to be dressed appropriately for outdoor weather conditions. Having a separate pair of OUTDOOR shoes is highly recommended especially during snowy, wet, wintry weather.** Wet boots and/or shoes will not be permitted for use in the gym or physical activity space. Students who are not dressed suitably may not be allowed to participate during that day's activities for safety reasons. Repeatedly arriving to class unprepared may have an impact on your final mark.

## 6) PUNCTUALITY

You are expected to be on time for all your classes. For activity based days (i.e. Fitness room, gym, field activities, pool activities), you are expected to be in the assigned location. Should you need to change at the end of class you will be given a few minutes to change, in the designated change room, following the teachers' instructions regarding safe practices. Once done, you must stay in the designated area assigned by your teacher, until the bell rings and you are dismissed. **YOU ARE NOT TO LEAVE BEFORE THE BELL!**

## 7) CHANGE ROOMS

If needed, space and usage of the change rooms will be limited to a certain number of students at a time. The number of students allowed in the change room will be based on change room size and layout. Your teacher will let you know how many students can be in the change room at a time. Masks must be worn at all times & physical distancing must be enforced in the changeroom. Please keep the change rooms clean as other classes may share this space throughout the day. Changing in the gym and the gym's common spaces is **NOT ACCEPTABLE.** Change room doors **will not** be locked during class time, so please do not leave any belongings in the change room. **\*\*Bags/belongings will be brought down to the gym and when classes go outside, bags will be locked in a pre-arranged designated location.**

## 8) VALUABLES (including PHONES)

Keep your valuables with your personal belongings at all times during class. For safety purposes, cell phone use is **NOT** permitted during instructional and activity periods or students risk confiscation as per the school policy on electronics.

## 9) JEWELLERY

You should not wear any type of jewelry (rings, earrings, bracelets etc.) when participating in gym class, as serious injuries may occur. Jewelry that cannot be removed must be taped every class.

## 10) WASHROOM BREAKS

Please use the washroom before class commences to avoid missing out on the day's activities. If needed, you must ask the supervising teacher for permission before leaving the activity area. Masks must be worn at all times in any of the washroom facilities.

## 11) WATER BOTTLES

It is strongly suggested that you bring ONE refillable, NON-GLASS water bottle to every class, since you will be active and need to stay hydrated. Access to drinking fountains will not be accessible for outdoor-based activities.

## 12) NOTES & ORGANIZATION

In addition to physical activity, you may be required to record notes or be provided with handouts during Face to Face instruction. You are expected to bring your own binder or folder and all other class materials (lined paper, pens/pencils, etc.). As part of the PAF2/30F course, you will be completing fitness logs, and assessments. You should be prepared to have course related materials with you at all times.

