



GEORGE S. HENRY ACADEMY COURSE OUTLINE



COURSE NAME

COURSE CODE	PAF 401	GRADE	12
TEACHER(S)	Mr. Jones	CREDIT VALUE	1
DEPARTMENT	Health and Physical Education	PREREQUISITE	PAF301

COURSE DESCRIPTION:	<p>This course focuses on the development of a personalized approach to healthy active living through participation in a variety of enjoyable fitness related activities. This course will emphasise personal fitness through weight training, cross training and cardio-respiratory training. Students will be encouraged to develop personal fitness plans and take actions to meet their defined goals. In addition they will be given opportunities to refine their decision making, and interpersonal skills, with a view to enhancing their mental health and personal safety.</p>
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Additional information...

COMMUNICATION

Please direct all questions or concerns regarding student progress or program of study to the course teacher, Mr. Jones. Please call the main office to leave a message at 416-395-3240. Department information and links to teacher websites are available through the school website: <http://schools.tdsb.on.ca/gshenry> or download our new school APP.

CONCRETE LEARNING RESOURCES	DIGITAL LEARNING RESOURCES
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No textbooks used in this course	<ul style="list-style-type: none"> -Henry School App -Google Classroom
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GEORGE S. HENRY ACADEMY'S COURSE WORK POLICY

For each evaluation, Mr. Jones will inform students of the **due date** and the **ultimate deadline**. The ultimate deadline is the last opportunity for students to submit an assignment for evaluation. Teachers may also use a variety of other methods for dealing with late and missed assignments at their discretion.

Strategies to assist students in meeting deadlines include:

- Peer tutoring
- Using the school app
- Using a personal agenda
- Seeking extra help from teachers
- Requesting for assistance with time management and organizational skills
- Getting help from parents/guardians
- Getting help from a caring adult in the school

ASSESSMENT AND EVALUATION OF STUDENT ACHIEVEMENT

Each course follows an achievement chart which enables teachers to make judgements about student work that are based on clear performance standards and on a body of evidence collected over time. Additional information can be found on the Ministry of Education website noted within the course description.

ACHIEVEMENT CHART CATEGORIES

Knowledge and Understanding (K & U): Subject-specific content acquired in each course (knowledge), and the comprehension of its meaning and significance (understanding)

Thinking (T): The use of critical and creative thinking skills and/or processes

Communication (C): The conveying of meaning through various forms

Application (A): The use of knowledge and skills to make connections within and between various contexts

COURSE WORK (70% of your overall grade)

Categories	%	Possible Assessments of Learning
K & U	14	<p>Knowledge of content (facts, terms, procedural skills, use of tools) <i>Ex. (Identify key anatomical features, assessment of personal fitness, diet, lifestyle)</i></p> <p>Understanding of content Ex.(Understanding of how daily exercise and diet affect ones health)</p>
T	7	<p>Use of planning skills – understanding the problem (e.g., formulating and interpreting the problem, making conjectures) – making a plan for solving the problem <i>Ex. (Design a personal fitness program)</i></p> <p>Use of processing skills – carrying out a plan (e.g., collecting data, questioning, testing, revising, modelling, solving, inferring, forming conclusions) – looking back at the solution (e.g., evaluating reasonableness, making convincing arguments, reasoning, justifying, proving, reflecting) <i>Ex. (Updating, improving, modification of personal programs)</i></p> <p>Use of critical/creative thinking processes (e.g., problem solving, inquiry) <i>Ex. (Identifying and working toward achieving a personal fitness goal)</i></p>
C	7	<p>Expression and organization of ideas and information (e.g., clarity of expression, logical organization), using oral, visual, and written forms (e.g., pictorial, graphic, dynamic, numeric, algebraic forms; concrete materials) <i>Ex. (Designing and following a detailed five day fitness program)</i></p> <p>Communication for different audiences and purposes (e.g., peers, teachers) and purposes (e.g., to present data, justify a solution, express a mathematical argument) in oral, visual, and written forms <i>Ex. (Ability to justify/support personal decisions about personal fitness)</i></p> <p>Use of conventions (e.g., terms, symbols) in oral, visual, and written forms <i>Ex. (Weekly lesson assignments, written personal programs, written exams)</i></p>
A	42	<p>Application of knowledge and skills in familiar contexts <i>Ex. (Proper use of fitness equipment in Fitness Centre)</i></p> <p>Transfer of knowledge and skills to new contexts <i>Ex. (Adjustment of personal programs/diet while working toward personal goals)</i></p> <p>Making connections within and between various contexts (e.g., connections between concepts, representations, and forms within mathematics; connections involving use of prior knowledge and experience; connections between mathematics, other disciplines, and the real world) <i>Ex. (Ability to make the connection between physical fitness and overall quality of life)</i></p>

FINAL EVALUATION (30% of your overall grade)

Type	Description	%
Culminating Task(s)	<p>1. Fitness Assessments. Students will be evaluated on their fitness development through a series of Fitness Assessments. Consideration is given to individual effort, overall performance as well as improvement throughout the course.</p> <p>2. Daily Observations/ Participation. Students must demonstrate proper techniques of the skills taught in class. Students are assessed on the following: Movement Skills, Proper use of equipment, Daily Active Participation, Interpersonal Skills (Communication, Relationship and Social Skills)/Team Play</p> <p>Safety. Personal safety and safety of others during physical activity</p>	7.5% 7.5%
	<p>3. Health and Physical Education Exam. Assessment will be based on knowledge that the students learned throughout the semester in both Health and Physical Education classes.</p>	15%

UNITS OF STUDY/COURSE ROAD MAP (subject to change)

Mr. Jones PAF40 Semester Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4 Feb - 8 Feb		Introductions	Co-operative Games	Fitness Centre Safety/Expectations	TGFU
11 Feb - 15 Feb	Fitness Centre	1st Fitness Appraisal Gym	LESSON 1 Room 214	1st Fitness Appraisal Gym	PA Day
18 Feb - 22 Feb	Family Day	Heart Rates Fitness Challenge Small Gym	LESSON 2 Room 214	PUSH / PULL exercises	TGFU
25 Feb- Mar 1	Training Precautions Deltoids Fitness Centre	Biceps/Triceps Fitness Centre	LESSON 3	Free Weight vs Machines Fitness Centre	TGFU
4 Mar - 8 Mar	Abdominals Fitness Centre	Body Weight and Partner Training Fitness Centre	LESSON 4	F.I.T.T. Fitness Centre	Ski Trip / TGFU
18 Mar - 22 Mar	Thanksgiving Monday	Training Systems Fitness Centre	LESSON 5	Cardio Pool	TGFU
25 Mar - 29 Mar	Muscular Strength & Endurance	Skill-Related Components of Fitness/Circuits Small Gym	LESSON 6	Skill-Related Components of Fitness/Circuits Small Gym	TGFU
1 Apr - 5 Apr	Core Strength Training.	Aquatic Games Pool	LESSON 7	Aquafit Pool	Fitness Centre
8 Apr - 12 Apr	2 nd Fitness Appraisal	2 nd Fitness Appraisal	CROSSWORD PUZZLE #1 and Review	Midterm Exam	TGFU

15 Apr - 19	Cardio Fitness Centre	Fitness Centre	LESSON 8 LESSON 9	Personal Program Review/Revision Fitness Centre	Good Friday
22 Apr- 26 Apr	Easter Monday	Balancing Act Computer Lab	Fitness Centre	Fitness Centre	TGFU
29 Apr - 3 May	Upper and Lower Body exercises Fitness Centre	Circuits Fitness Centre	LESSON 10	Aerobic Challenge Fitness Centre	TGFU
6 May - 10 May	Kickboxing Small Gym	Fitness Centre	LESSON 11	Fitness Activities Pool	TGFU
13 May - 17May	Fitness Centre	Relaxation Training TBA	Fitness Centre	Yoga Small Gym	TGFU
20 May - 24May	Victoria Day	LESSON 12	CROSSWORD PUZZLE # 2	Aerobic Challenge Small Gym-jog	TGFU
27May - 31 May	Fitness Circuit Outside	Fitness Centre	LESSON 13 Case Study	Fitness Centre	TGFU
3June- 7June	Fitness Centre	Fitness Centre	LESSON 14 Semester Project	LESSON 14 Semester Project	TGFU
10June-14June	Fitness Centre	Fitness Centre	LESSON 14 Semester Project	Fitness Centre	3rd Fitness Appraisal
17June-21June	3rd Fitness Appraisal	Exam Review	Exams Start in Afternoon		

EACH UNIT FOCUSES ON MAXIMUM PARTICIPATION, SKILL DEVELOPMENT,

SAFETY AND OF COURSE HAVING  AT THE SAME TIME

GEORGE S. HENRY ACADEMY'S LATE & MISSED EVALUATION POLICY

It is the responsibility of the student to make arrangements with Mr. Jones for any missed course material and/or assignments. Extenuating circumstances will be considered on a case-by-case basis.

GEORGE S. HENRY ACADEMY'S ACADEMIC DISHONESTY POLICY

Cheating and plagiarism will not be condoned. For more information, refer to the Academic Honesty Policy found in the Student Handbook. The Student Handbook can be found in the George S. Henry Academy app.

SPECIALIST HIGH SKILLS MAJOR (SHSM) REQUIREMENTS

GRADE 11 AND 12 CREDITS	ENVIRONMENT	HEALTH & WELLNESS	HOSPITALITY & TOURISM
Major Credits	4	4	4
English (<i>including a CLA*</i>)	2	1	1
Mathematics (<i>including a CLA</i>)	1	1	1

Science or Social Sciences and Humanities (including a CLA) (May be substituted with 1 coop credit)	-	1	-
Business Studies or Science (including a CLA) (May be substituted with 1 coop credit)			1
Cooperative Education	2	2	2
TOTAL	9	9	9

*Contextualized Learning Activity

Health and Physical Education Department Policies

Each of the policies listed below is clearly linked to the *Learning Skills and Work Habits*. It is imperative that students and parents/guardians take the time to read through the following information, and speak with a Phys Ed teacher if you have any questions.

1. **Regular attendance in this course is essential for success.** In order to demonstrate achievement of course expectations you must be present in class, **and** fully participate. Please note that active participation in the course is worth the majority of the overall grade. Therefore, absences will negatively affect overall student achievement. You must attend and participate fully in order to be successful in this course.
2. Please be prompt for each class. Lateness for class will not be tolerated.
3. You must be in an acceptable PE uniform at all times when participating in PE class. The following points are considered "acceptable":
 - The GSHA PE t-shirt (sold in PE office and through School Cash On Line);
 - **Athletic** shorts (not cargo shorts, beach shorts, boxers, "short shorts", etc.)
 - **Athletic** pants (sweats, windpants, yoga pants)
 - **Athletic fitting** t-shirt (logo must be appropriate for school wear).
 - Athletic socks and running shoes. Shoes **MUST** be tied correctly.
 - Warm clothing must be worn when we go outside for classes (pants, mitts, hat, jacket, sweater, etc.).