

# **MALVERN C.I. HEALTH AND PHYSICAL EDUCATION**

## **PERSONAL AND FITNESS ACTIVITIES COURSE OUTLINE**

### **COURSE OVERVIEW**

This focus course emphasizes committed and enthusiastic participation in a variety of highly challenging physical activities that promote lifelong healthy active living and personal physical fitness.

Students learn movement skills, fitness training methods and principles, varied methods of improving and maintaining personal fitness and physical competence, safety and injury prevention. Students will set challenging personal fitness goals, develop communication and social skills and focus on achievement based personal fitness outcomes.

### **Overall Expectations**

1. 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.
2. Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.
3. Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.
4. 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.
5. 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.
6. Demonstrate an understanding of factors that contribute to healthy development.
7. 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.
8. 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

## ASSESSMENT & EVALUATION

Category	Weight
<b>Application</b> <input type="checkbox"/> Assessment in this category may include but is not limited to daily effort and performance, daily active participation, test questions allowing for knowledge to be applied, demonstration of guidelines and procedures, movement skills and principles, safety skills, etc.	<b>45%</b>
<b>Knowledge/Understanding</b> <input type="checkbox"/> Assessment in this category may include, but is not limited to, quizzes, tests, projects, discussion, in-class question and answer, skill analysis, demonstrations, in class assignments etc.	<b>10%</b>
<b>Thinking/Inquiry</b> <input type="checkbox"/> Assessment in this category may include but is not limited to assignments, reflections, goal setting, critical analysis, reviews, self-evaluations, research projects, tests and quizzes, situation analysis, etc.	<b>7.5%</b>
<b>Communication</b> <input type="checkbox"/> Assessment in this category may include, but is not limited to, oral and written presentations, personal journals, training blogs, personal reflections, reports, class discussions, portfolios, self assessment, seminars, etc.	<b>7.5%</b>
<b>Summative Evaluation</b>	<b>30%</b>



## EXPECTATIONS OF STUDENTS:

As this course is a physical activity course, you are expected to be VERY ACTIVE at all times during the course. In addition, as most of the course mark is based on your daily participation, absences from class will be very costly to your overall mark and will not be tolerated. YOU must be responsible for your actions and take ownership of your learning in this course. Thus, you are responsible for your daily attendance, activity level, and motivation as well as making up for any missed classes, work or assignments.

**Your success and the results that you will obtain this year depend almost entirely upon your attitude and your commitment to personal excellence. Remember, training takes time, consistency and persistence.**