|  |  | **Course Outline and Evaluation Summary**  **Course Code: PAF2O** | |  |
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|  | Title of Course: Grade 10 Personal Fitness Activities | 416-395-3210 | |
|  | Department: Health and Physical Education |  | |

| **Course Description** |
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| In this course, students will…  This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality, the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, and social skills. |

| **Course Evaluation**  Course evaluations incorporate one or more of the achievement categories (KICA). A brief description of each category can be found [here](https://www.dcp.edu.gov.on.ca/en/assessment-evaluation/categories-of-knowledge-and-skills). The final grade is calculated using the weighted percentages below. | | | | | |
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| **Term Work:** | **A variety of tasks where you show your learning and have marks assigned using the Achievement Categories/Strands** | | **Summative**  **Evaluation:** | **Marked summative tasks which assess your learning on the entire course** | |
| 70% | 14% | Knowledge & Understanding | 30% | 20% | Culminating Task(s) |
| 7% | Thinking & Inquiry |
| 42% | Application | 10% | Final Written |
| 7% | Communication |

| **Learning Skills** |
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| Learning skills provide Information to help students understand what skills, habits & behaviors are needed to work on to be successful. These are not connected with any numerical mark. A brief description of each skill can be found [here](http://www.edu.gov.on.ca/eng/policyfunding/growsuccess.pdf#page=17).  **Responsibility, Organization, Independent Work, Collaboration, Initiative and Self-Regulation**  E – Excellent G – Good S – Satisfactory N – Needs Improvement |

| **Required Materials:** Any educational resource required for this course will be provided by the school. It is the student’s responsibility to come to class with these materials. |
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| **School/Departmental/Classroom Expectations** |
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| **Attendance:** The student is expected to attend class on time. Parents/guardians will be contacted if lates/attendance becomes an issue/hindrance. If the student knows about an absence in advance, they should contact the teacher.  **Plagiarism/Cheating:** A mark of 0 will be assigned for any work submitted that does not belong to the student. A mark of 0 will be assigned to a student who was found to have cheated. Parents/guardians will be informed.  **Missed Work:** If a student is absent from class, (e.g. illness, sports team) it is **their** responsibility to find out what they have missed and to catch up. The student is responsible for completing all of the work that was missed due to an absence. If a student misses an assignment or test without a legitimate explanation and documentation, marks up to and including the full value of the evaluation may be deducted. Make-up tests must be arranged to be written.  **Late Work:** Late work may result in a deduction of marks up to and including the full value of the evaluation. |

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| **Course Assessment Tasks** | | | |
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| ***Unit/Topic/Strand*** | ***Big Ideas*** | ***Major Assignments / Evaluations*** | ***Estimated Duration*** |
| Unit 1:  Outdoor Activities | **Small-sided games, fitness, ultimate frisbee, football, soccer, cricket, slo-pitch, track and field, etc.** | **Quiz/Assignment**  **Physical participation**  **Conversations & Observations** | **14 Classes** |
| Unit 2:  Indoor Games | **Small-sided games, fitness, team-building, sportsmanship, etc.** | **Quiz/Assignment**  **Physical participation**  **Conversations & Observations** | **20 Classes** |
| Unit 3:  Sport-specific Activities | **Basketball, volleyball, badminton, floor hockey, tchouckball, european handball, indoor soccer, etc.** | **Quiz/Assignment**  **Physical participation**  **Conversations & Observations** | **20 Classes** |
| Unit 4:  Fitness | **Introduction to formal fitness environment, fitness facility, safe use of equipment, components of fitness, etc.** | **Quiz/Assignment**  **Physical participation**  **Conversations & Observations** | **10 Classes** |
| Unit 5:  Health | **Substance use and abuse, nutrition and healthy choices, mental health and well-being** | **Quiz/Assignment**  **Unit Test**  **Conversations & Observations** | **14 Classes** |
| Culminating Task(s) | **A culmination of movement competencies and physical skills, as well as leadership and communication etc.** | **Presentation**  **Written**  **Participation** | **7 Classes** |