

LANGLEY SECONDARY SCHOOL

Physical Education 11/12

Course Overview:

Physical Education 11 and 12 are participation based elective courses. For the purpose of time tabling, these courses have been grouped together. The content of these courses have been divided into four programs dimensions.

- a. Performance oriented activities-focus on motor skill development and fitness.
- b. Leisure oriented activities-experience life long learning activities on and off campus.
- c. Leadership activities – PE 10, 11, 12 students must do athletic service hours; teaching assignment and lead warm-up and skill activities.
- d. Personal Development activities – fitness testing program, setting athletic goals.

Prescribed Learning Outcomes:

- a. Performance orientated Activities – students will be able to participate in a variety of recreational settings; individual small and team size groups, indoor and outdoor environments, on and off campus activities.
- b. Leisure oriented activities-students will have the opportunity to experience recreational facilities in our community.
- c. Leadership Activities – 1. Students must demonstrate an ability to select and provide a service within the spectrum of the various PE, Athletics, intramural programs and special events.
2. Students will be able to teach a PE class (organize, plan and lead a PE class). Also, students will lead warm-up and skill activities at times throughout the course.
- d. Personal development activities-students will be able to set fitness and athletic goals.

Learning Activities:

One of the goals of senior PE classes is to promote healthy citizens. In order to accomplish that, we focus on participation and expose students to the multitude of positive recreational environments as possible. Perhaps students will find a recreational activity that they would choose for life. Some of the activities will include: team sports, individual sports, Fitness World/Unlimited, bowling, lazer tag, ice skating, golfing, biking, canoeing, fencing, rock climbing, hiking, etc.

Assessment and Evaluation:

60% - Personal and Responsibility and Participation

Each student receives a participation mark out of 5 for each PE class relative to their level of participation.

20% - Fitness Testing – Fitness tests are given once a term and are scaled against the school average relative to age. Teachers will also implement various fitness

activities throughout the term. Students are responsible for making up missed fitness tests/activities.

10% - Teaching Project – Each student will organize, plan and teach an activity to a PE class of their own choice. Also, students will lead warm-up and skill development activities.

10% - Athletic Service Hours – All PE 11 and 12 students are expected to provide athletic volunteer service. We prefer students participate in service associated to a school program. PE classes, Athletics and Intramurals.

The objective of service hours is to create a sense of ownership, role modeling and leadership within the PE community.