

Langley Secondary School

Course Outline – Physical Education 9/12

Strength & Conditioning

Aim: To enable all learners to enhance their quality of life through active living.

Curriculum Goal: Through participation in physical education, students will develop the knowledge, skill, and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live and active, healthy lifestyle.

Active Living: Active Living is a way of life that values personal health and incorporates physical activity into daily routines and leisure pursuits. The prescribed learning outcomes in Active Living for grades 9 through 12 emphasize:

- Understanding the principles and concepts that support active living.
- Developing and maintaining a personal functional level of physical fitness.
- Developing a positive attitude toward active living in pursuit of lifelong health and well being.

Movement: Movement experiences in physical education enhance student learning and foster active participation in and enjoyment of healthy lifestyles. The prescribed learning outcomes in Movement for grades 9 through 12 emphasize:

- Demonstrating efficient and effective movement skills and concepts in a variety of movement categories.
- Demonstrating efficient and effective body mechanics.
- Demonstrating a personal functional level of activity-specific motor skills.

Personal and Social Responsibility: Students demonstrate personal growth and have a positive impact on their community as they learn to accept personal and social responsibility. The prescribed learning outcomes in Personal and Social Responsibility for grades 9 through 12 emphasize:

- Developing positive personal and social behaviours and interpersonal relationships.
- Developing career and occupational opportunities related to physical activities.
- Developing intellectual skills through participation in physical activity.

Resource Materials: In an effort to best utilize the facilities to them, students are encouraged to develop a diverse fitness program, using the facilities and resources of the school and the community. These may include, but are not limited to:

- school and community weight rooms
- school and community gymnasiums

- playing fields
- trails and various running routes
- multi-purpose facility
- Langley Rec. Centres (swimming pools, aquasize and aerobic classes, squash and racquetball, etc.)
- School fitness equipment (medicine balls, skipping ropes, stationary bikes, stair climbing machine, fitness videos, etc.)

Attendance: At LSS we believe that P.E. is a participatory course. If a student is absent then s/he is not receiving the benefit of the course and cannot be assessed. Our policy of attendance reflects this belief:

1. All absences must be accompanied by a note on student's return
2. Students will make up each class, missed after 6 absences. (This will take place during the make-up period at the end of each quarter).
3. If a student is unable to participate in class due to illness, or injury the parent or guardian is required to provide a note to that effect on the day the student will not be participating. It would be helpful if a phone number of where the parent/guardian could be reached is included.
4. If a student does not have gym strip s/he is considered absent. At the discretion of the teacher s/he may participate in their street clothes (running shoes are mandatory) and not receive an absence.
5. If a student is going on vacation or has a prolonged illness or injury the parent/guardian should contact the teacher for a conference.

Evaluation: The evaluation of each student will be based on their achievement of prescribed learning outcomes. This evaluation will be an ongoing process that will include:

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| 1. Journal keeping | 25% |
| • Successful completion of work sheets and assignments | |
| 2. Personal fitness evaluation | 25% |
| 3. Teacher subjective evaluation of effort, attitude, participation, and leadership: 50% | |
| • Improvement in personal standards. | |
| • Social and Personal Responsibility. | |

I give my son/daughter _____ permission to run on trails and various running routes as part of the LSS, conditioning & weight training program.

Parent/Guardian Signature: _____

Date: _____