

LANGLEY SECONDARY PHYSICAL EDUCATION

Physical Education Strength & Conditioning (Wellness Education) 9 Course Outline

Course Overview:

The aim of Physical Education is to enable all students to enhance their quality of life through active living. This course will help students develop the attitudes, skills, and knowledge necessary to incorporate physical activity into regular routines and leisure pursuits in order to live an active, healthy lifestyle

In this course, students will be provided the opportunity to develop

1. Positive attitudes and an appreciation that will encourage participation in and enjoyment of physical activity, fitness, quality performance, a positive self-concept, and respect for others.
2. Social skills which promote acceptable standards of behavior and positive relationships with others.
3. Physical fitness and impress upon students its values, meaning and importance.
4. Fundamental skills and knowledge of strength & conditioning.

Course Organization:

Students will be able to develop skills students to enhance their quality of life through active living.

1. Each class will contain the following components
 - a. Warm-up of the day
 - b. Technique of the day
 - c. Workout of the day
 - d. Cool down of the day.
2. P.E. is taken every day. Every class is approximately 80 minutes long.
3. Fitness testing is conducted 3 times per semester (at the beginning of the course, near the end of term 1, and near the end of term 2)

Term Mark:

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 | 20% |
| Successful completion of work sheets and assignments | |
| 2. Personal fitness evaluation | 20% |
| 3. (Using Canadian age appropriate fitness standards) | |
| 25% | |
| 4. Teacher subjective evaluation of effort, attitude, participation, and leadership: | 60% |
| Improvement in personal standards. | |
| Social and Personal Responsibility. | |

Final Mark:

Term 1 = 50%

Term 2 = 50%

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Physical Education Policies and Procedures

Attendance: Regular attendance is essential for successful completion of this course. Marks are earned every class. It is the student's responsibility to attend every class in full P.E. strip. A note from parents does not excuse students' from fully participating in P.E. class. If you have a medical condition you must provide a medical note to your P.E. teacher.

P.E. strip: P.E. strip is required every class. Partial or lack of strip results in loss of marks.

- T-shirts or sweatshirt (different to the one worn during the day).
- Shorts (no cutoffs, jeans, or shorts with belt loops or buckles).
- Sweatpants are acceptable in lieu of shorts.
- Socks (preferably athletic socks).
- Running shoes (properly tied/secured non-marking).
- **NO hats are allowed in the gym or the weight room.**

Medicals: Medical exemptions from a physician must be obtained for any lengthy absences from P.E. This note should state the nature of the injury, how long the exemption, and exactly what types of activities should be avoided. In many cases, the teacher can arrange an alternate activity (a student whose physician indicates shouldn't run can still take part in a soccer unit by playing goal, or a student who shouldn't use his/her left ankle can still take part in a weight training unit or help with officiating a game).

Facility:

- Students are strongly encouraged to use the lockers provided in the change rooms. Students must empty the lockers and remove their locks at the end of each class so other P.E. students can use the lockers. (Locks can be purchased in the office)
- The school is not responsible for lost or stolen articles. Therefore, do not leave anything of value in lockers or gym.
- It is expected students will be changed and in the gym within three minutes of the bell signifying the start of class.
- In order to respect the learning environment of students in the other parts of the school, once students are changed at the end of the class they are asked to wait in the P.E. hallway until the bell.

Leaving early will result in the loss of that day's marks.

Safety:

- Out of bounds = bleachers, rims, band corridor
- Runs (side of road, against traffic)
- Equipment clean up (Do not dismiss until all equipment is away)

Gym & Weight Room Rules:

- No hats in the gyms
- No drinks (except water)
- No food
- No gum
- Students enter and exit big gym through change rooms
- Students not allowed in equipment rooms unless invited
- No equipment permitted unless under organized supervision of a teacher.

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The Daily Saint Mark 5 Point Daily Participation Rubric

The 5 point system is to be used every day by teachers to evaluate each student's daily participation. When determining what score a student should receive the teacher will consider the student's during class time (bell to bell). The Saint Mark will make up a large percentage of the Social Responsibility / Personal Development mark for the course.

Excellent 5	<ul style="list-style-type: none">• Encouraging and supporting others.• Leadership skills• Acceptance of others• Volunteering• Facilitating the learning of others• Outstanding attitude• Excellent participation and effort
GOOD 4	<ul style="list-style-type: none">• Demonstrates the ability to listen to directions and stay on task• Displays good emotional control• Positive attitude• Displays fair play skills• Appropriate competitive behavior• Cooperative and respectful of others
AVERAGE 3	<ul style="list-style-type: none">• On task• Adequate in participation
POOR 2	<ul style="list-style-type: none">• Rarely on task• Minimal participation• Occasional lack of emotional control• Disrespectful to others• Poor etiquette• Frequently disrupts others from learning• This is the highest mark you can get without strip
VERY POOR 1	<ul style="list-style-type: none">• Frequently off task• Rarely participates• Demonstrates a disrespectful manner towards others.• Often disrupting the learning of others
UNACCEPTABLE 0	<ul style="list-style-type: none">• Any unexcused absences or truancy• Removed from class for inappropriate behavior• Refusal to wear strip• Refusal to participate without a doctor's note

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COURSE CONTENT AND SKILLS:

Students will participate in activities that will increase their functional physical education. This will result in the enhancement of their attitude, fitness, lifestyle etc. Workouts will follow the “Code of Fitness” where they will be functional, varied, and intense. The main areas of this course will focus on

Wellness Education

Optimizing physical competence in the ten recognized physical domains

Improving a person’s capacity to do work by focusing on strength, flexibility, speed, coordination etc.

Functional movements (relates to human movements)

“Squats” as opposed to “Leg Extension”

Foundations:

Will improve your mechanics, capacity and intensity

Cross Training

Monostructural (aerobic) – skipping, running, jumping
Gymnastics – front roll, L-support, H-stand, dips, pull-ups
Olympic Lifting

Knowledge of the training constants

Cues, progressions

Nutrition, Hydration & Skin Care

**A FITNESS EVALUATION WILL TAKE PLACE 3 TIMES PER SEMESTER!
(At the beginning of the course, near the end of term 1, near the end of term 2)**

I have read and understand all the expectations for participating in Physical Education at Langley Secondary School.

Student Signature

Parent Signature