



Outdoor Activities, Grade

PAD 200 PAD300

10-11

Course Fee: TBD

OVERARCHING LEARNING GOALS

- Students can make a commitment to their personal health by actively engaging in experiences aimed at improving their fitness, skills and knowledge within the context of outdoor activities and leadership.
- Students can take responsibility for their own actions to help them understand their role in contributing to this course.
- Students can demonstrate personal character traits and act in a manner that enhances the enjoyment of others while contributing to meaningful participation in a variety of activities.
- Students can reflect on experiences gained throughout the semester and how they impact their learning and personal growth

SUCCESS CRITERIA

- Students can demonstrate that participating in daily physical activity improves physical fitness.
- Students can monitor and reflect on health and skill related fitness levels over time using fitness appraisals and training routines.
- Students can identify the factors that contribute to the development of their personal health and wellness in an outdoor setting
- Students can make a consistent effort to ensure that their daily actions reflect the values and goals of the course (empathy, dependability, adaptability, reliability, attentiveness)
- Students can consistently advocate the correct rules of play and show a commitment to the safety of others

TERM WORK (70%)

Your term mark is distributed evenly across the 4 overarching learning goals and the 4 achievement chart categories.

Evaluation will be based on daily participation, fitness assessments, reflections, safety, interpersonal skills, leadership, movement skills, video analysis, observations AND conversations

FINAL EVALUATION (30%)

An exit conference, memory page (PAD200) or advocacy project (PAD300) and trip-related practical task (hiking/camping for PAD200 and Algonquin backcountry canoe trip for PAD300) will be used to consolidate the knowledge and skills you have acquired over the course of the semester for all 4 strands and Overarching Learning Goals. More information on this will be available in a separate document.

Learning Skills

The following learning skills will be taught and assessed throughout the course and rated on the report card:

- | | | |
|--------------------------|-----------------|------------------|
| -Independent work habits | -Responsibility | -Initiative |
| -Organizational skills | -Collaboration | -Self Regulation |

These skills will not be included in the final numeric mark unless they are part of the provincial curriculum expectations for the course.