



Healthy & Physical

Education, Grade 11-12

PAF 300

PAF400

OVERARCHING LEARNING GOALS

- Students reflect on personal strategies to show their commitment to physical activity now and throughout their lives.
- Students apply interpersonal skills to effectively demonstrate safe and fair play.
- Students apply knowledge of movement skills and theories of strength and conditioning to be the most effective participant.
- Students make informed decisions about their personal health and wellness and reflect on how these decisions both impact and are influenced by outside factors.

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 reflect on the factors that influence participation in physical activity and understand the benefits of being physically active and have safety awareness.
- Students can identify movement skills in a variety of physical activities.
- Students can understand and apply the phases of movement skills in a variety of physical activities.
- Students can identify the factors that contribute to the development of our personal health and wellness.
- Students can apply health knowledge and living skills to make decisions regarding their health and well-being.
- Students can think critically about how factors in the world around us affect our own and others health and well-being.

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, conversations, health projects, and inquiry projects.

FINAL EVALUATION (30%)

A conference and portfolio 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:

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|--------------------------|-----------------|------------------|
| -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.