

Physical and Health Education - Cariboo Hill Secondary

Course Outline Active Living 11/12

EXPECTATIONS:

It is expected that all students taking Active Living 11/12 at Cariboo Hill will:

1. Participate in each class to the best of their ability.
2. Wear proper athletic strip at all times (see below).
3. Arrive to class on time and remain in the gym until the dismissal bell.
4. Provide an explanatory note or email for absences or medical restrictions/modifications to activity (not simply to the office but provided to student's Active Living teacher as well).
5. Remove watches, jewelry or headphones before arriving in the gym. Phone should be away at all times, unless teacher gives the OK.
6. **Leave all valuables in a LOCKED changeroom or hallway locker.**

EVALUATION:

1. Participation - 45% of total mark
Students will be evaluated on an on-going basis in this category for their willingness to engage in all activities and the effort expended each class. Regular physical activity is our ultimate goal for every student, at a level in which they can both enjoy it and benefit from its many rewards.
2. Personal and Social Responsibility – 40% of total mark
Students will be evaluated daily on their interactions with both peers and the teacher, sportsmanship displayed in the activities, displaying appropriate levels of competitiveness, taking initiative and displaying a positive attitude. Students will be expected to self-report on their learnings in the areas of mental well-being, positive relationship building, stress and anxiety management and advocating for the health and wellness of others. Students in Active Living 11/12 are also required to demonstrate growth in the area of leadership amongst their peers.
3. Demonstration of competency in Health Curricular Competencies – 15% of total mark
Students will be evaluated on their ability to demonstrate (on written or oral feedback) that they understand the basic health concepts, terminology and strategies presented in each activity and health unit. High achievers in this area will be able to draw direct personal connections to the subject matter, and demonstrate understanding of the various aspects of total health as it applies to their own life.

PHE STRIP

- Clothes worn **to** Active Living class cannot be clothes worn **in** class. A separate combination of a T-shirt and shorts or sweatpants/track pants needs to be brought to class to change into each day. Athletic strip should be of an athletic fibre and style, as casual street clothing is not acceptable. Cross-trainer, court or runner style shoes also need to be worn each day.
- Teachers have a system whereby students who have been deducted marks as a result of not wearing proper athletic strip may regain these marks. Students should see their teacher for full details.

MEDICALS

1. Students who need to be excused from activity for a short period of time (ie: one class) must bring a note/email from their parent or guardian and they will be expected to complete an alternate assignment for their marks. It is up to the student to approach the teacher for that assignment.
2. Students who need to be excused from activity for a long period of time (ie: a week or more) must bring a note from a medical professional (physio, rmt, doctor, chiro) and they will be given an alternate assignment

or modified return-to-activity program. We can customize physio/strength training rehab to aid in your child's recovery by communicating directly with medical services providers if needed.

3. All medical notes will be kept on file for the student for the school year.
4. Students who are medically excused from activity must still attend class to complete their alternate activities or modified program.
5. Parents of students with unique physical needs should contact their child's Active Living teacher to describe in detail their concerns. A unique participation plan will be put in place with consultation from the parent, teacher and student.

GENERAL

- Suitable clothing should be worn over regular athletic strip (ie: sweats) when the students will be outdoors in unfavourable weather conditions.
- Students should lock their clothing and other valuables in the lockers available in the changerooms. Locks must be removed at the end of each class. The school is not responsible for lost or stolen articles.
- Adequate time will be allowed at the end of class for students to change and get to their next class.
- Most classes begin with some form of cardiovascular warm-up. Students' performance in this activity will be considered when evaluating their participation and effort.
- Students are responsible for all tests/marks missed due to absence or temporary medical restrictions. Students should see their Active Living teacher as soon as they return to school or recover from injury/illness to make arrangements for marks. Students who are absent without an explanation will not be given an opportunity to make up missed marks.
- No credit towards an Active Living mark will be given as a result of participation on school, community or intramural teams.
- Students are required to use TEAMS for Health Assignments and make up assignments. It is expected that students have access to TEAMS and are able to complete these assignments in a timely manner.
- Students are asked to pay a nominal fee for certain activities (ie: enrichment fieldtrips):
 - Active Living 11/12 fee = To be determined as per COVID protocol ("Fitness Fridays" or any Field Trip that the class decides to go on)
***If your family has difficulty paying these amounts, please email your child's PHE teacher to make alternate arrangements:*

leah.bosello@burnabyschools.ca (Department Head of PHE)

christopher.harrison@burnabyschools.ca (Athletic Director & PHE Educator)

david.gaudet@burnabyschools.ca (PHE Educator)

greg.campbell@burnabyschools.ca (PHE Educator)

TGFU Units of Study for Active Living 11/12 (*Due to COVID-19 certain fieldtrips or instructors may vary/become virtual)

Net/Wall Games: Volleyball, Badminton, Pickleball etc.

Invasive Games (Indoor & Outdoor): Soccer, Basketball, Indoor Hockey etc.

Target Games: Spikeball, Bocce etc.

Fielding/Striking Games: Softball, California kickball etc.

Minor Games: Bench Ball, Dodgeball etc.

*Fitness Fridays, Weight Room, Field Trips (TBD by teacher and class)

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