

'ACTIVE FOR LIFE'

SR.PE 11&12



OVERVIEW:

This course is designed to offer senior students the opportunity to engage in ongoing physical activity and develop a personal commitment to a physically active lifestyle and an awareness of the benefits of an active lifestyle. This course will provide students with information and opportunities to support this goal and a skill set to encourage lifelong physical learning.

Throughout the course, students will engage in a variety of learning activities including individual and team skill development, personal fitness training, and participation in a variety of community-based physical activity pursuits. These lessons are designed to promote health and fitness, develop movement concepts, improve knowledge of motor skills, encourage active participation and leadership, and foster an environment of positive self-esteem.

Activities will be chosen with student input and will include a variety of the following:

- Individual/Group fitness classes – weight training, yoga, cardio bootcamp, kickboxing, spin
- Community recreation – running, swimming, skating, cycling, climbing, hiking, outdoor education
- Leadership project related to community, fitness, health & wellness (i.e Templeton Fun Run)
- Guest presenters & workshops

Note: *students should be prepared to pay a 'user-fee' to help cover the cost of field trips. *As per VSB policy, no student shall be denied participation based on financial hardships and subsidies can be arranged through the office.*

For Each Term:

- **Twenty percent (20%)** of the grade will be based on teacher evaluation of student journal reflections/entries. This logbook will be submitted each term. The mark will be based on the completeness, thoughtfulness and depth of reflection of the entries.
- **Forty percent (40%)** of the grade will be based on evidence of the student's personal and social responsibility conducted throughout the course. This will be assessed by student self-evaluation, by peer evaluation, and by teacher evaluation - using checklists, anecdotal records, and rubrics.
- **Twenty-five (25%)** of the grade will be based on evidence of student participation in fitness activities, and development of a comprehensive personal fitness program.
- **Fifteen (15%)** of the grade will be based on the student's initiative, effectiveness and involvement in the classes' school/community leadership project.

GENERAL INFORMATION:

To benefit from Active for Life, students must actively participate in the learning process and work to develop their appreciation of health, fitness and wellness. ☺

These are the expectations for successful completion:

1. Students **must** be in **regular attendance** (this is a skill development and participation-based course).
2. Student **must** have **PE strip** (appropriate footwear and clothing required - lockers provided. Students **MUST** change for class. **YOU WILL GET YOUR SWEAT ON!!**)
3. Students **must** complete journals, reflections, and assignments (if absent, it is the student's responsibility to make these up immediately upon return).
4. Students are to engage in **cooperative, supportive**, and **respectful** behaviour to create the best possible learning and physical activity environment for everyone ☺

Class resources, information and updates can be found on the 'Active for Life' course website at <http://msinch.weebly.com>.

CURRICULUM:

The course will meet the Graduation Portfolio requirement of a minimum 80 hours of moderate to intense physical activity in grade 11 and/or grade 12. This course will provide a structured opportunity to build upon the **'BIG IDEAS' and 'Core Competencies' outlined in British Columbia's new Physical Health Education curriculum** including:

- Daily participation in different types of physical activity influences our physical literacy and person health and fitness goals.
- Using proper exercise technique and following a program helps us to reach our fitness goals
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- Advocating for the health and well-being of others connects us to our community
- Health choices influence our physical, emotional and mental well-being.