

**Green Valley School**  
**Grade 11 Active Healthy Lifestyles Course**  
**Semester 2: 2016**  
**Teacher: Mr. J. Hart**

**Active Healthy Lifestyles**

The Active Healthy Lifestyles course will make a significant contribution to you living a physically active and healthy lifestyle. The objective of this class is for you to continue to develop skills, attitudes and knowledge that will allow you to take part in a number of your favorite physical activities both presently and in the future. It also gives you a chance to consider and take part in activities that you can pursue in future years, to make physical activity apart of a daily routine. This course will also continue the development of social skills, as you interact with each other during daily physical activity.

**Goals: Grade 11 Active Healthy Lifestyle Course**

The goals of this course is to allow students the opportunity to:

- Take greater ownership of personal physical fitness, with an emphasis on cardiovascular endurance through participation in the physical activity practicum.
- Continue to develop personal and social management skills.
- Discover activities suited to personal interests
- Encourage active healthy lifestyles that persist into the future

**Course Model**

The Grade 11 AHL Course will follow a 50-50 Model (50% IN-class and 50% OUT-of-Class).

**50% IN – Class time Course Content**

The breakdown of the 50% in class time is as follows:

- *25% Flexible Delivery Comp* - During physical activity time in the gym, you will be taking part in a variety of different sports and physical activities lead by the teacher and / or students in the class. The activities for the week's classes will be scheduled and posted on a calendar on the gym office door. A number of fitness activities will be completed during fitness class, including: circuit training activities, TABATA workouts, Instructor lead workouts, Workout / Fitness DVD's and a personal workout plan. In outdoor education / alternative pursuits section, we will take part in activities such as cross-country skiing, snowshoeing, skating, etc.
- *25% Core Component*- This component is teacher – directed and focuses on health and personal development. The specific outcomes are organized into 5 modules including:
  - *Module A: Physical Activity Practicum*
  - *Module B: Fitness Management*
  - *Module C: Mental-Emotional Health*
  - *Module D: Social Impact of Sport*
  - *Module E: Substance Use and Abuse Prevention*

### **50% OUT-of Class Time – Physical Activity Practicum**

The physical activity practicum is designed to allow students to choose, with teacher guidance, physical activities that they enjoy to address health-related fitness components over a period of time, with a primary emphasis on cardiorespiratory endurance.

Requirements of the Practicum are as follows:

- Contain a minimum of **55 hours of moderate to vigorous** physical activity that contributes to cardiorespiratory endurance (heart, lungs, circulatory system) plus one or more of the other health-related fitness components
- Be safe, ethical and age appropriate.
- Require students to submit a personal fitness portfolio that contains a fitness plan, physical activity logs and journal entries
- Attend Teacher – Student meetings periodically as scheduled (every 4 weeks).
- Include teacher and parent / guardian pre- and post sign-off process.

### **Student/Parent course considerations for 50%- “In Timetable” / 50% “Out of Timetable”**

- Once students have established their own personal physical activity plan, they **are not allowed to change or revise** their plan without meeting with the PE Instructor during scheduled conference time. They must
  - o Submit a “Revised Physical Activity Plan” to their PE Instructor prior to collecting any hours as well as maintaining a copy for themselves.
  - o Obtain, complete and return all required paperwork.
- **If this procedure is not followed, students will not be allowed to claim these activity hours.**
- Must recognize that injuries/illness can and do occur which may jeopardize that student’s ability to claim physical activity hours later in the semester.
- Students can only claim “Out of Timetable” activity hours for the semester they are enrolled in.
- That coaches/teachers are not obligated to select or keep players on a team simply because the students wishes to use these sports/activities hours towards their PE credit. Students and parents should plan with this possibility in mind.
- It is the students/parents responsibility to monitor and communicate to ensure that their son/daughter is attending, participating and maintaining all course requirements throughout the entire semester.
- Any questions/issues must be brought to the attention of their PE instructor immediately.
- During practicum days, the gym and fitness studio will be available for use to help gain your hours. **Students are not permitted to be in the halls or Grad Lounge during this time.** They should be off-campus, outside, in the gym or fitness studio.

### **Assessment**

To earn the Grade 11 AHL credit, you will be graded for completion of the course using a complete (CO) / incomplete designation (IN). In order for the course to be designated as “complete,” you must achieve a minimum of **70%** within the course work, physical

activity and practicum components. You must participate in the core component physical activity and all modules must be completed with a high quality of work to gain a “complete” for the course. A variety of assessments will be used during the course, to determine if you have achieved the outcomes designated by the Department of Education. Essentially it comes down to the following expectation of you as a student on a daily basis: If you are active and participating in a safe, cooperative manner, putting a strong effort in all activity and completing the hours required for your personal physical activity plan you will do very well in this course!

### **Policies and Procedures in the Gym Fitness Studio / Outdoors**

Students will have the opportunity to develop fundamental sport skills, specific sport skills, as well as acquire knowledge of rules and strategies for a variety of team and individual games and activities. There will be a special emphasis on active participation as well as respectful and responsible behavior(s) towards fellow students and staff.

### **Gym / Fitness Studio and Change Room Procedures**

- Be in the gym, changerooms or classroom by 2:30. Students have five minutes at the beginning of class to dress and then we will begin at 2:35. The students will be given approximately five minutes at the end of class to dress.
- No food, drinks, glass containers or gum in the classroom, gym, change rooms, fitness studio at any time.
- **No electronic devices such as cameras, cell phones, Ipods, MP3's or any other type of device are allowed to be used when in changerooms, fitness studio, or gymnasiums.**
- Students are only permitted in the changerooms when dressing for class and/or returning from class; acting appropriately at all times. (use the washroom before or after class)
- All students are asked not to bring money or other valuables into the changerooms or gym. These are to be safely stored in the students' locker prior to class and Green Valley School can not be held liable for lost items.
- No student is permitted into any gym office, equipment room, or stereo equipment unless teacher permits.
- Students are not to participate in any activities unless supervised by a teacher. Students are also not allowed to bring in their own personal equipment for use without approval and supervision.
- Remember ..... Use good common sense at all times. Do not do anything that will endanger you, a fellow student, the equipment, or the facility in any way!  
Think Safety First !!!!

**Student Dress Policy:** All students must have gym shorts, t-shirt, or sweat pants, sweat shirt, socks, and gym shoes. No boots, hiking boots, street shoes, sandals, or shoes with a heel will be allowed. No hats are to be worn while in the gymnasium or fitness studio.

**Gym Failure to Participate Policy:** The Physical Education section of this course requires students to achieve 27.5 hours of in class physical activity to gain the Grade 11 Credit. Since this is a participation course, students are to be participating in all activity. If for some reason, you cannot participate on a day, the teacher must be notified by a

note, e-mail or phone call from a parent / doctor. **Non-Participants who are not excused will be required to make up any hours they have missed on their own time to earn the credit for the course.** These hours become their responsibility and a make-up time can be made with the teacher at noon, before or after school.

**Classroom Late Assignment Policy:** You are expected to hand in all assignments on time. Failure to do so will result in a zero for the assignment and you being assigned to the homework room to complete the assignment during your noon hour to earn your marks back. If the assignment continues to be incomplete, contact with home will be made. Finally, if the assignment does not get handed in, the zero will stand as the individuals mark. Please note that all assignments must be completed to achieve the “complete” credit for the course.

**Cellphone / Smartphone Policy:** Technology is rapidly changing and there are benefits to using cellphone / smartphone technology in the classroom. Several fitness and health apps can make a great contribution to living an active healthy lifestyle. However, phone use at can also deter learning in the classroom. During instructional time, students are not permitted to use phones, unless the teacher explicitly grants permission. If you are found to be on your phone without teacher permission:

- 1<sup>st</sup> Offense: You will be given a warning to put the phone away.
- 2<sup>nd</sup> Offense: Phone will be taken away for the remainder of the class and will be returned at the end.
- 3<sup>rd</sup> Offense: Phone will be taken away and given to the office.

### **Class Schedule**

<b>Day 1</b> Gym	<b>Day 2</b> Practicum / Meetings	<b>Day 3</b> Fitness	<b>Day 4</b> Practicum / Meetings	<b>Day 5</b> Health Rm 106	<b>Day 6</b> Practicum / Meetings
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## **Green Valley School JH PE Gym Expectations**

**Philosophy:** “Winning is fine but fun, health, participation and fair play are what it is all about.”

### **Expectations**

All students are to be participating and putting a full effort into activities presented in class. They will do their best to learn and improve upon the skills, attitudes and knowledge, which they currently possess. This should be completed in a respectful, responsible and reasonable manner.

### **5 Gym Rules**

#### **1. Safety for You**

- a. Follow specific game / activity rules.
- b. Follow the safety rules presented for each activity (Eg. In dodgeball games, gator balls must be thrown shoulders and below!)
- c. Avoid inappropriate behaviors that can put others at risk.
- d. Change into proper gym attire

#### **2. Respect Equipment / Facilities**

- a. Avoid Mistreating equipment.
- b. Keep gym clean, free from damage.
- c. Wear shoes with non-marking soles.

#### **3. Respect Others**

- a. Avoid insults, swearing, talking back, ridicule, physical contact.
- b. Listen when the teacher is talking / blows whistle
- c. Be courteous to other students.

#### **4. Support Learning of Others**

- a. Encourage others
- b. Share equipment and space
- c. Help others / provide constructive feedback if they are having trouble.

#### **5. Try Hard**

- a. Participate and make an effort in every activity.
- b. Do your best to improve upon your current skill, knowledge and attitudes.
- c. Stay on task.