

Physical Education 11/12

Winter Semester 2019

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Office Location & Hours: Room 108



Course Description

The aim of Physical Education is to enable all learners to enhance their quality of life through active living. The unique learning experiences in Physical Education allow learners to develop their individual potential and to help acquire the knowledge, understandings, attitudes, abilities, and skills necessary to incorporate physical activity into daily routines, leisure pursuits, and career requirements throughout life. Striving for active living fosters personal growth and the ability to meet new challenges. Briefly, we want you to...

- Develop full participation
- Develop a positive attitude
- Develop an appreciation & enjoyment of activities
- Develop a knowledge & understanding of activities
- Develop physical fitness & motor skills

Course Overview

Physical Education 11/12 focuses on the following 4 Big Ideas:

- Physical activity is an important part of overall health and well-being.
- Finding enjoyable activities can motivate people to participate more regularly in physical activity.
- Safely participating in activities and avoiding injury can sustain lifelong physical activity.
- Preparation and organization helps people engage more regularly in physical activity.

Evaluation Guideline

- Participation: 50%
- Fitness Journal: 50%

Note: Grade weightings are subject to change.

Class Rules and Expectations

Students are required to have a change of clothing for each class that includes:

- Shorts or track pants.
- Appropriate T-shirt or sweatshirt.
- Non-marking athletic shoes that can be tied tightly.
- It is also necessary that students show up to class regularly and **ON TIME**. We will be participating in many different activities on top of attending the YMCA. Many activities will require us to leave school at the time class starts and therefore students must be present to participate.