

# Active Living 11/12

Winter Semester 2020

Instructor: Mr. Spangler

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Office Location & Hours: Room 109 or YMCA



## Course Description

### Active Living 11

As they integrate physical activity into their daily routines and leisure pursuits, students adopt lifestyles that reflect concepts of healthy, active living. They gain an understanding and appreciation of factors that influence the health and welfare of themselves and others. As students participate in co-operative and competitive activities, they apply motor abilities and refine movement skills and concepts. As students participate in physical activities, they develop and reinforce constructive, positive personal behaviours and safety practices. Students analyse, perform, and supervise physical activities in a variety of diverse roles.

### Active Living 12

Active involvement in fitness and activity programs reinforces the importance of a balanced lifestyle. By participating safely in physical activities and by analysing the movement skills of others, students gain an appreciation and awareness of how the body moves. Students perform, analyse, and evaluate a variety of activity-specific motor skills in a selection of activities. As students lead, participate in, and adapt a variety of physical activities, they model appropriate social behaviours and safety practices. They reflect and expand on personal leadership skills through peer-teaching experiences.

## Course Objectives:

- Students will be exposed to a **wide variety** of physical activities.
- Students will learn to **participate appropriately**
- Students will learn to be **self directed, responsible, and empathetic** participants.
- Students will **acquire the knowledge** to make educated decisions about their physical self in the future.
- Students will **develop an appreciation** for an active life style.
- Students will **develop a minimum level of physical fitness**, through **a regular programme of physical exercise**.

## Evaluation Scheme

- Fitness Journal: 50%
- Participation: 50%

## Class Rules and Expectations

1. Come on time! If you are more than 15 minutes late, you will be marked absent!
2. Students are expected to participate in every gym class and must wear appropriate gym clothing.
3. Do not use your phones in class unless I say you can! If I permit you to use your phones, that is strictly for class work, which means translation, research or group work. This does not mean snapchat, Instagram, Facebook, QQ, or any other social media!
4. If I see your phones out when they're not supposed to be, I will take them away. If I take your phone away more than three times, they will stay with me for an entire day.
5. Students who are unable to participate must bring a note from their doctor.
6. Students who do not bring doctor notes when they fail to participate or do not wear appropriate gym clothing will lose participation marks.
7. Students must be active at all times when class is at the YMCA