

Active Living 11 & 12: Course Outline (Spring 2024)



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Office Location/Hours: Room 111 – After school hours/By appointment

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 behaviors and safety practices. Students analyze, 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 analyzing the movement skills of others, students gain an appreciation and awareness of how the body moves. Students perform, analyze, 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 behaviors and safety practices. They reflect and expand on personal leadership skills through peer-teaching experiences.

Bringing together physical activity, health concepts and active living complements First Peoples perspectives and worldviews that recognize the importance of balancing all components of well-being to maintain a healthy and safe way of life. An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives.

The BC Physical and Health Education curriculum contributes to students' development as educated citizens through the achievement of the following goals. Students are expected to

- participate appropriately in a variety of physical activity, keeping in mind the importance of safety and fair play.
- be self-directed, responsible, and empathetic participants.
- acquire the knowledge to make educated decisions about their physical self in the future.
- develop an appreciation for an active lifestyle.
- develop a minimum level of physical fitness, through a regular programme of physical exercise.

Big Ideas

Physical activity is an important part of overall health and well-being.	Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.	Safety and injury prevention practices allow lifelong participation in physical activities.
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Course Materials

To fully engage with the curriculum of Active Living 11 & 12, you are asked to prepare the following essentials:

- Three-ring Binder: For organizing and storing all course-related documents and notes.
- Notebook: Required for note-taking throughout the course.
- Microsoft Teams: Necessary for accessing digital course materials, announcements, and for participation in online discussions. Please install it on your phone, tablet, or laptop.
- Uniform: Pattison PE Uniform including appropriate athletic footwear

If you need support with acquiring any course materials, please inform me or the school in advance.

Activities and Assessments

Throughout this course, a variety of activities and assessments are designed to engage you directly with the course content and support your journey towards becoming a strategic learner. The assessment percentages are broken down as follows:

- Participation (50%)
- Written Assessments (30%)
- Self and Peer Assessments (10%)
- Final Exam & Project (10%)

Curricular Competency

Curricular Competency	Course Content
Health and well-being	<ul style="list-style-type: none">• Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities• Demonstrate reasoned decision-making related to their personal health and well-being
Safety	<ul style="list-style-type: none">• Explain how proper technique and use of equipment reduces the chance of injury• Demonstrate safe and appropriate participation in physical activities
Participation	<ul style="list-style-type: none">• Engage in a variety of recreational activities in different environments• Overcome potential barriers to participation in physical activities• Refine strategies to effectively participate in a variety of physical activities• Apply methods of monitoring and adjusting exertion levels in physical activity
Leadership	<ul style="list-style-type: none">• Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership• Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities

Class Expectations

Attendance and Participation

- **Active Participation:** Your active participation in all class activities is essential. I expect you to engage fully with the material and our discussions, which are central to our shared learning experience.
- **Coursework Submission:** Coursework should be submitted by the specified due dates. If you need support or anticipate difficulties in meeting these deadlines, please maintain close communication with me.
- **Timeliness:** It's also important to be on time and come to class prepared. Being punctual shows respect for the learning process and for everyone's time, including your own.
- **Accountability:** If you are absent, especially for in-class assignments like quizzes or tests, or if you miss any course content, it is your responsibility to reach out proactively to discuss alternatives or make-up assessments.
- **Late Arrivals:** Please attend each class on time. If you arrive outside of the 15 minutes after class starts, without prior notice to me, you will be marked absent.

Commitment to Inclusion

- **Valuing Diversity:** I treasure inclusion and strive to foster a welcoming and supportive learning environment. It's vital to demonstrate actions that are inclusive of everyone.
- **Mindful Communication:** Be mindful of your language and how we treat one another. Our classroom should be a safe space for everyone, regardless of age, physical status, socioeconomic status, sexual orientation, religion, nationality, or citizenship status.

Ethical Participation and Academic Integrity

- **Original Work:** Plagiarism and other forms of academic misconduct are serious offenses in this course. It's expected that you will acknowledge the works of others and submit only your original work that's created specifically for this course.
- **No Cheating:** Cheating undermines the value of our educational efforts and will not be tolerated.
- **Questions and Clarifications:** If you have questions about upholding the standards of academic integrity, it's important to discuss them with me.

Technology Use

- **Limited Use:** Phone use should be limited according to the class policy. It is important to ensure that mobile devices do not distract from the learning environment.

Collaboration and Mutual Respect

- **Importance of Collaboration:** Collaboration is key to learning and to the success of our learning community. You should try your best to collaborate with others and maintain healthy and respectful relationships with all members of this community.
- **Respectful Interactions:** This respect includes your fellow classmates, your teacher, and the classroom culture itself. We should all contribute to a culture of mutual respect.