

WESTLANE SECONDARY PHYSICAL EDUCATION PAF30

STUDENT REQUIREMENTS:

1. **PARTICIPATION:** To be in a state of health allowing **full participation** in **ALL** phases of the program. Students with continued medical restrictions over an extended time period are at a severe disadvantage. Excuses from participation (or reduced participation) for short time periods (allergies, asthma, injuries, etc.) **MUST** be accompanied by a medical certificate.
2. **REGULAR ATTENDANCE & UNIFORM** for classes assures maximum opportunity for participation and success in all phases of the course.
3. **PUNCTUALITY:** Students should be in uniform and ready to begin classes on time. This allows full utilization of the time allotted for physical and health education. Late arrivals are an inconvenience and a disruption to the other students.

UNIFORM REQUIREMENTS:

- **Shirt:** Westlane T-shirt
- **Shorts:** Westlane shorts or black athletic shorts
- **Shoes:** Any athletic shoe with non-marking sole. Street shoes are unacceptable. Studded shoes are to be taken on and off outdoors, and are used for outdoor activities only.
- **Sweatsuits:** (including jogging pants, and/or a sweatshirt, or jacket). Are acceptable for outdoor, cool weather activities.
- **Jewellery & Electronic Devices:** It is highly encouraged that precious jewellery not be worn during physical education classes. It may break, become lost, and/or injure yourself and others. With the exception of a watch (for outdoor activities) and wedding bands, jewellery is to be kept to a minimum. The use of electronic devices (e.g. iPod) are subject to teacher approval during individual fitness activities only and are not permitted to be worn during other class activities.



SPECIAL NOTES:

1. A daily shower, while not a requirement, is highly recommended. The students shall provide his/her own towel and soap.
2. Personal valuables, including money, cell phones, etc. should be left in your locker for safekeeping during physical education classes. Safety baskets, located in the change rooms, are available during class and after school. Students wishing to use these baskets will be required to use their own combination lock. Students are responsible for the safekeeping of their own valuables.
3. **Proper language is expected at all times!**

PAF30 COURSE Description:

This course focuses on students developing and implementing personal physical fitness plans. Students are introduced to fitness program planning and a variety of training techniques to enhance physical skills and personal performance. Students will examine various health topics (e.g. healthy eating) and determine specific factors that not only can affect their health but may also impact their training. Through daily fitness activities students will develop a basic understanding of human anatomy, proper safety and injury prevention, and a positive self-image by maintaining or improving their levels of fitness.

COURSE OBJECTIVES:

1. Demonstrate understanding of the major components of fitness, and training techniques.
2. Demonstrate personal fitness improvement.
3. Demonstrate a general understanding of muscular and skeletal anatomy.
4. Demonstrate knowledge of guidelines and strategies that enhance safety and participation.
5. Ability to interact socially, cooperate and compete with his/her peers and to develop positive, healthy attitudes toward others and fair competition.
6. To encourage an interest in physical activity and fitness in students' lifelong learning process.
7. Demonstrate knowledge of health-related topics and develop realistic health goals.

EVALUATION:

PAF30	70% Course Work* <ul style="list-style-type: none">• Active Participation – 40%<ul style="list-style-type: none">○ Daily Participation, Effort, Attitude, Safety• Health Units – 20%<ul style="list-style-type: none">○ Assignments, Quizzes, Unit Tests• Fitness Log – 10%<ul style="list-style-type: none">○ Record Daily & Weekly Workouts
	30% Course Culminating Activities* <ul style="list-style-type: none">• Final Fitness Demonstration – 15%<ul style="list-style-type: none">○ Cardiorespiratory, Muscular Strength, Muscular Endurance, Flexibility• Culminating Activity – 15%

*Subject to change – approximate % breakdown