

AAHS Grade 11 Physical Education Course Outline (PHER 3F)

Teachers: Taylor Homenick

Room: 109

Overview and Course Aims

The grade 11 Physical/Health Education course is a mandatory course that educates students on ways to incorporate activity into their every day routine in hopes to keep activity and health a priority moving into their adult years. This course has both in-class and out-of-class requirement. To receive this credit a student must complete 30 in-class activity hours, 55 in/out-of-class flexible activity hours, both at a moderate to vigorous level and with appropriate documentation and 25 hours of health, that take place during regularly scheduled periods.

Course Content

The grade 11 Physical/Health Education course has four Module Core areas of study, each with lessons that must be completed to obtain a credit.

1. Personal Fitness Plan and Fitness Management (Creation of a Personal Physical Activity Plan)
2. Mental Emotional Health
3. Social Impact of Sport
4. Substance Use and Abuse

Class Expectations

Students are expected to be on time for class and ready to learn. Students are encouraged to bring active clothes for class (shorts, sweats, t-shirt). Students are required to have appropriate footwear for physical activities. A variety of instructional methods will be used including: teacher directed activities, group collaboration and activity exploration, individual and group work. Various technologies will be used to enhance learning as well. Due to the limitations of Argyle Alternative High School our program has a large off campus portion, students are expected to display exemplar behavior as outlined in the Behavior Agreement

Learning Blocks

Our school year is split into seven (7) learning blocks, creating shorter periods to manage and create goals for. In PE, you can expect to complete one (1) health module, 5-10 (gr 11/12) in class hours and 10-15 (Gr 11/12) out/in of class hours. If you meet these expectations, you can obtain a credit in 4-5 learning blocks.

Course Evaluation and Completion Requirements

PHER3F is a COMPLETE OR INCOMPLETE COURSE. No numerical mark will be assigned.

- All module work completed and submitted into portfolio
- Weekly updates of personal physical activity journal
- Completions of Physical activity practicum: 55 hours of independent or in-class moderate to vigorous activity and a minimum of 30 in class physical activity
- Completion of all sign-off forms (activity plans, activity hours, weekly/monthly journals and goals)