

PHYSICAL EDUCATION

Secondary I & II Program



Objectives

The Phys. Ed. department at Westwood Junior will continue its commitment to promote physical activity and health education. Our objectives for the year are as follows:

- Promote physical activity & fitness
- To develop sport specific skills & strategies
- Encourage leadership & teamwork skills
- To develop healthy lifestyle habits

Dress Code

At Westwood Junior, we ask that all students arrive to Phys. Ed. in appropriate attire:

- Westwood Phys. Ed. shirt
- Athletic shorts, jogging pants or track pants
- Running shoes with non-marking soles

If a student does not adhere to the dress code they WILL participate in the class activities and subsequently will lose marks for not having the proper dress code.

Evaluation

The evaluation process will be divided into three separate competencies:

	DESCRIPTION	COMPETENCY	EVALUATION
COMPETENCY ONE	Performs movement skills in different physical activity settings	<ul style="list-style-type: none"> • Analyzes the situation according to the requirements of the setting • Performs skills taking into account the different constraints of the environment • Evaluates own motor efficiency and process in light of the goal pursued 	Individual skill acquisition Skills during game play & activities Active Participation Quiz
COMPETENCY TWO	Interacts with others in different physical activity settings	<ul style="list-style-type: none"> • Cooperates in developing a plan of action • Participates in carrying out the plan of action • Cooperates in evaluating the plan of action 	Team work & Collaboration Effort & Participation in a team setting Active Participation
COMPETENCY THREE	Adopts a healthy, active lifestyle	<ul style="list-style-type: none"> • Develops a plan designed to maintain or change some personal lifestyle habits • Carries out the Plan • Evaluates own process and lifestyle habits 	Fitness Tests Warm Ups Fitness Units Dress Code Active Participation Safety

- C1 & C2:** 40% Participation & involvement in the class activities
Attitude & behavior towards peers and teachers
Helpfulness & leadership
20% Development of individual and team skills
- C3:** 10% Proper Attire
10% Mandatory Fitness Test (2km run, Beep Test, Cooper Run)
20% Fitness class work

NOTE:

- 1. Students who are injured & have a doctor's note explaining that they cannot participate in class for 3 classes or more will be asked to complete a written assignment to fulfill the requirements missed.**
- 2. Students who are absent from school the day of their fitness test are responsible for making it up on the re-test day(s). Students who do not complete the fitness test will receive a 0 for that portion of their grade.**