

## Fitness 11/12 Course Outline

Welcome to John Oliver Secondary and to the John Oliver Physical & Health Education Program. Our department is committed to providing you with a positive, safe and enjoyable learning environment that will allow you to learn, grow and further develop your skills and abilities as a person, a student and as an athlete.

### Course Rationale:

The *aim* of Fitness 11/12 is to enable students to enhance their quality of life through participation in life-long physical activity. This course focuses on improving students' personal fitness levels as well as improving their healthy lifestyle choices. Students will learn the techniques, theories and concepts of various training methods for general and/or sport-specific activities. Students will use this knowledge to design, implement, and refine a fitness program that is specific to their needs, demonstrating improvements in the various components of fitness throughout the year.

### Course Expectations:

To be successful in this course, students are expected to 1) attend all classes, 2) have proper materials and appropriate JOPE clothing, 3) demonstrate respect to others and equipment while working in a safe manner, 4) encourage and support their classmates, and 5) participate to the best of their ability in all activities—challenging themselves to work outside their comfort zone as they push their physical and mental boundaries.

Specifically to the course, students will be expected to learn the presented theory and apply this information to their own needs (program design). Due to the flexible nature of this course, students need to be goal driven, intrinsically motivated (student-centered course), and demonstrate an excellent work ethic. Lastly, students are expected to take part in all planned field trips and outings—designed to enrich the experience of the course and PE program.

### Course Evaluation:

Students will receive ongoing assessment and evaluation of their progress during each term through a variety of assessment methods (rubrics, criterion, peer and self-assessment, etc)—both formative and informative. Students' grades will be based on the following components:

#### Year Breakdown: Fitness 11 & 12 Evaluation:

<i>Term 1</i>	25%	<i>Affective</i> (Social Responsibility)	30%
<i>Term 2</i>	37.5%	<i>Cognitive</i> (Theory, Assignments, Labs)	30%
<i>Term 3</i>	<u>37.5%</u>	<i>Performance</i> (Fitness Tests, Work Ethic)	<u>40%</u>
Total	100%	Total	100%

If you have any questions or concerns, please feel free to contact your child's teacher.

**Main Gym Office—Mr. B. Aprim**  
*Phone: 604-713-8938 extension 7170*

## **JO PE Department Guidelines & Policies:**

• **Attendance/Daily Physical Activity:** Students are required by the Ministry of Education to receive 150 minutes of Physical Activity per week. *PE is also a participatory course and students must be in attendance to demonstrate the skills, concepts and theories learned. Absences exceeding four (4) per term will place a student in jeopardy of failing the term and possibly the course.* Students who are absent **must bring a note** signed by their parents and arrange a time to make-up missed work.

• **Medical Exemptions:** A student missing more than one class due to a medical injury/situation needs to bring a note from their doctor. *Students who are unable to participate are still required to change into their JO PE clothing for possible modified or rehabilitative activity. In lieu of physical activity, a corresponding written activity will be provided (as per the Ministry of Education Guidelines).*

• **JOPE Clothing:** **The EXPECTATION is for students to be in appropriate PE gym strip (as outlined by the PE Dept staff in their initial class of the year).** We strongly encourage students to purchase a JO Physical Educational t-shirt. *Students not in appropriate “PE type clothing” will not be permitted to participate in the class activity and will not receive credit for the class.* If an article of clothing is dirty, students must bring an alternative. If an article of clothing is lost, students may bring an alternative.

• **PE Locker Room/Locks:** The PE department has **lockers available for use during PE class only.** **Each student is required to have a second school lock for PE class.** The purchase of these locks ensures that students’ belongings are secure and safe during class time. *Students are asked not to bring items of value to the locker room and to secure them safely in their hallway locker or leave them at home. JOPE Department not responsible for lost, damaged or stolen items from lockers.*

• **Field Trips:** Field trips are enrichment activities organized by the PE Department to enhance the learning experience of the students. Students will be informed in advance of any field trips and the additional costs that they may have. *Students are encouraged to participate in all field trips in order to receive the full value and experience of their participation in the PE program.*

• **JOPE Intramurals:** Intramurals is an in-school recreational sports league that allows students the opportunity to participate in a variety of athletic and recreational activities throughout the school year. Students may sign-up with friends or as individuals with the PE Department. *Intramural events usually occur during the lunch break (some may occur before school if necessary).*

• **JOPE Website/Teacher Moodle:** <http://jo-online.vsb.bc.ca/pe> (click on PE Link for website or Moodle to access your Fitness 11/12 Moodle account)

○ *The JOPE website contains handouts, curriculum & facility schedules, evaluation standards, useful links, photos, athletics information and more.* To keep up to date and current in the world of JOPE, visit the website.