



ARCHBISHOP DENIS O'CONNOR CATHOLIC HIGH SCHOOL

80 Mandrake Street, Ajax, Ontario L1S 5H4 Telephone (905) 427 - 6667 Fax (905) 427-7234 www.docchs.com
 Principal: Mr. L. Coghlan Vice Principals: Mrs. M. Curran Mr. M. O'Brien

Course Overview

Academic Year	2004 - 2005	Teacher Name	Ms. Bellisle
Department	Physical Education Healthy Living	Curriculum Chair	Mr. L. Sposato

Curriculum Policy Document			
Course Title	Personal and Fitness Activities	Course Code	PAF401(Co-ed)
Prerequisite	Open	Grade & Type	Grade 12 male/female
Department Recommendation	PAF301/302	Credit Value	1.0

Course Description		
<p>This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Students develop and implement personal physical fitness plans. In addition, they are given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.</p> <p>Through Healthy Active Living Education, students examine and reflect on their personal attitudes, values, actions, abilities, and aspirations influencing life choices and opportunities that support a healthy active lifestyle for themselves and others in light of Catholic faith development. Students have the opportunity to respond to, manage, and constructively influence change, set priorities, be responsible for their actions, and develop goals for a balanced and healthy lifestyle through a holistic approach to life. Students are challenged to reflect, to evaluate situations (creatively), demonstrate flexibility and adaptability, manage conflict, solve problems, and make decisions in light of gospel values. Students have the opportunity to exercise servant Christian leadership promoting the common good, human dignity, respect, equality and inclusion, while working effectively as interdependent team members, respecting the rights, responsibilities, and contributions of self and others.</p> <p>Students will also study the components of healthy relationships, reproductive health, mental health, human systems and athletic injuries. The ultimate objective of this course is to develop ones own cardiovascular and muscular endurance in a variety of activities such as: running, aerobics, fitness classes and strength training. The students will be on a running program which will work toward finishing a 10 km run by the end of the course. A minimum of 2 days per week will be dedicated to fulfilling this objective.</p>		
Instruction Strands/Units		
Strand/Unit Titles	Approx. Time Spent	Overall Expectations/Unit Description



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Physical Activity	27.5	<ul style="list-style-type: none">• demonstrate personal competence in applying complex movement skills and principles;• apply the guidelines and strategies that enhance participation in recreational and sports activities.
Active Living	27.5	<ul style="list-style-type: none">• participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation;• develop personal health-related physical fitness;• demonstrate responsibility for their personal safety and the safety of others.
Healthy Living	27.5	<ul style="list-style-type: none">• describe how society and culture affect individual perceptions and expressions of sexuality;• demonstrate an understanding of strategies that promote personal safety and prevent injuries;• demonstrate an ability to use specific strategies to enhance their own mental health and that of others;• demonstrate an understanding of strategies that promote healthy relationships.
Living Skills	27.5	<ul style="list-style-type: none">• use decision-making and goal-setting skills to enhance their daily lives;• demonstrate an understanding of the importance of respect for self and respect for others in reducing conflict in their personal lives;• use social skills to work effectively in groups and enhance relationships.



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Course Overview

Student Evaluation Criteria				
Term Work		Culminating Activities		Final Report Card Grade Calculation – 100%
Categories		Fitness Testing	10%	
Knowledge/Understanding	10%	Health Summative	10%	
Inquiry/Thinking	7%	ISU	10%	
Communication	8%		%	
Application	45%		%	
Term Total 70%		Culminating Activity Total 30%		

Term Work Explained		
Evaluation Category	Value	Components
APPLICATION	45%	<ol style="list-style-type: none"> Daily participation, uniform, cooperation, attitude, safety, work ethic, social skills. Skill testing, skill improvement Positive interaction and group dynamics Leadership and Sportsmanship <p>* If you are not in a "DOC" Phys. Ed. Uniform you will lose 1% per day for a total of 10% from the application category*</p>
KNOWLEDGE & UNDERSTANDING	10%	<ol style="list-style-type: none"> Written rules tests Knowledge of the game Health tests/quizzes Health video questions/answers Health article questions/answers Library/internet assignments Fitness journal entries
THINKING & INQUIRY	7%	<ol style="list-style-type: none"> Describing and applying strategies and tactics of various sports Describing and applying health principles to societal situations Describing and applying movement principles to various sport skills Using decision-making skills to important health issues
COMMUNICATION	8%	<ol style="list-style-type: none"> Communicating ideas and feelings appropriately Expressing ideas and feelings in appropriate manner and tone Oral presentation



Course Overview

Resources may include:	
<input checked="" type="checkbox"/> Textbook	<input checked="" type="checkbox"/> Guest Speakers
<input checked="" type="checkbox"/> Journals/Articles	<input type="checkbox"/> School Excursions
<input checked="" type="checkbox"/> Video Presentations	<input checked="" type="checkbox"/> Internet Searches
<input checked="" type="checkbox"/> Computer Work	<input checked="" type="checkbox"/> Library
<input type="checkbox"/> Simulations	<input checked="" type="checkbox"/> Labs
<input checked="" type="checkbox"/> Presentations	<input type="checkbox"/> Other
<input type="checkbox"/> Other	<input type="checkbox"/> Other

Classroom Policies & Procedures
<p>School policies on attendance, late & missed assignments, uniform and student behaviours are published in the Student Agenda and on the school website (www.docchs.com). Some examples of the major classroom expectations are highlighted below:</p> <ul style="list-style-type: none"> • Arrive to class on time and in uniform • Bring all necessary materials to each class • Adhere to the late and missed assignment policy to the best of your ability • Ask for teacher assistance when required • Work cooperatively with the teacher and other students • Behave respectfully towards others in the classroom • If absent, obtain all notes and assignments from the teacher upon return to class
<p style="text-align: center;"><u>Physical Health & Healthy Living</u> <u>Policy & Expectations</u></p> <p>Welcome to the Health and Phys. Ed. Department. We are confident that you will enjoy this course. Your success will be determined by how hard you work.</p> <p>1. <u>UNIFORM</u></p> <p>A Phys. Ed. uniform is mandatory during the activity units. A uniform consists of a "DO'C" t-shirt, shorts or track pants, socks, and non-marking running shoes. These running shoes must be different than the shoes worn to other classes. Students will not be able to participate in class in their bare feet or socks. We recommend that students wear sunscreen during hot weather. In colder weather we allow students to wear warmer clothing over the top of their uniform provided it is suitable to our Catholic values. (no rude graffiti. etc). <u>A STUDENT NOT IN PHYS. ED. UNIFORM WILL RECEIVE A MARK OF ZERO FOR THE CLASS.</u></p>



Course Overview

2. ATTENDANCE

Students are expected to be in class at all times. Attendance will be taken at the beginning of class. Students are to remain in the teaching area (gymnasium, classroom, field, stage, etc.) until they are dismissed by the teacher. Under any circumstance is a student to leave the teaching area without permission.

Students will remain in the change room or gymnasium until the bell rings.

IF A STUDENT IS ABSENT FROM CLASS and not participating in' a school function THEY WILL RECEIVE A MARK OF ZERO. *If a student is absent for an extended period of time they may be required to complete a written assignment to make up for the lost marks. This must be an approved absence.*

Students are responsible for any information missed while absent and for catching up on their notes. If a student is absent for a test we require a note from home explaining their absence. A make-up test will be administered at the convenience of the student and teacher.

3. PUNCTUALITY

We expect students to arrive to class on time, dressed in their Phys. Ed. uniform ready to participate. Students will have 5 minutes to arrive to the gymnasium or classroom. They will be given 5 minutes to change. If students are not in their designated area after their allotted time, they will be deemed late. Students will lose marks if they are late. If lateness is habitual, parental and office intervention will occur.

4. SICKNESS OR INJURY

We expect students to participate in class every day. If a student is too ill to participate, perhaps it would be best if they were at home. If students choose to be in class we expect that they will participate to the best of their ability. If a student is injured, we also expect they will participate to the best of their ability. A student with a sore leg may still be able to serve volleyball, shoot a basketball, hit a baseball, but may not be able to run a mile. If a student is significantly ill or injured an assignment may be required to make up lost marks.

*We ask that a note be sent from home regarding an injury or illness. Due to liability issues, a doctor's note will be required describing the injury and any restrictions the student may have. **IF YOU ARE INJURED IN CLASS PLEASE INFORM YOUR TEACHER, NO MATTER HOW MINOR.***



Course Overview

5. JEWELRY/VALUABLES

Jewelry of any kind cannot be worn in Phys. Ed classes. Please store your jewelry and other valuables away in a safe place, preferably your locker. It is the responsibility of the classroom teacher to ensure that all entrances to the change room are locked. Please assist us in this endeavor.

6. EQUIPMENT ROOM, WORKOUT ROOM AND TEACHER OFFICES

Students are not permitted in the storage area, the workout room or the teacher's office, unless they are accompanied by a teacher or directed by their teacher. Students are expected to treat the equipment with respect and not to abuse this privilege.

7. SAFETY ISSUES

- Eating, drinking, or chewing gum is forbidden in the gymnasium.*
- Grabbing the basketball net or rim is not allowed.*
- Horseplay anytime, anywhere in the school is not allowed.*
- Students cannot use any equipment without the supervision of a teacher.*
- Care must be taken when crossing the parking lot to our sports fields.*
- If you see an unsafe situation or feel unsafe during an activity please point it out to the teacher.*

Please acknowledge that you have read this outline:

<i>Date</i>	<i>Parent Signature</i>
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Archbishop Denis O'Connor Catholic High School
www.docchs.com

Course Overview

Personal Fitness and Activities – PAF 401(Co-ed)

Dear Parent/Guardian

The weight training and aerobic conditioning course is a Phys. Ed. course designed to teach the student the basic principles of weight training and aerobic conditioning. The students will spend many classes in the weight room developing a class, as well as their own, weight training program.

The aerobic conditioning portion of the course will involve a variety of training methods to both teach and improve the aerobic capabilities of the students. One aspect of the aerobic training will be long distance running. We have several routes mapped out throughout Ajax, varying in length from 3 to 8 kilometers. The expectations for these long distance runs are that the students will RUN these routes, thereby training their aerobic systems.

The routes throughout Ajax involve the student's running on sidewalks and crossing roads at proper intersections.

Please sign below if your son/daughter has permission to follow these routes.

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I give my son/daughter _____ permission to run
throughout AJAX during school hours. (please print)

Signature of Parent/Guardian