Course Name: PPL2OZ – Grade 10 Boys Powerfit, Open Level

Teacher Name: Mr. Rob Serviss

**Course Description**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

**Critical Elements**

* Demonstrate personal competence in applying movement skills and principles.
* Demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
* Participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation.
* Demonstrate personal health-related physical fitness.
* Demonstrate responsibility for personal safety and the safety of others.
* Explain strategies to promote positive lifestyle choices and relationships with others.
* Demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others.
* Demonstrate understanding of the issues and coping strategies related to substance use and abuse.
* Explain how healthy eating fits into a healthy lifestyle.
* Identify ways of taking appropriate action in new situations based on knowledge of positive decisions related to healthy active living.
* Demonstrate understanding of conflict resolution, anger management, and mediation.
* Use appropriate social skills and positive attitudes when interacting with others.

Successful completion of **all critical elements** is required to earn the course credit.

**Units of Study**

**Activities Include:** cardiovascular exercise, weight training, cross-fit training, Olympic lifting, endurance training, self-defense training, plyometric training and body sculpting.

**Health Studies Include:** Healthy Growth and Sexuality, Substance Use and Abuse, Healthy Eating, and Personal Safety/Injury Prevention.

**Course Evaluation**

Student work will be evaluated using a balance of the Ministry’s four achievement chart categories: knowledge & understanding, thinking & inquiry, application, and communication.

Throughout the course teachers will gather evidence of student learning of the **critical elements** through observations, conversations, and student-produced work. Successful completion of **all** **critical elements** is required to earn the course credit.

Seventy percent (70%) of the final mark will come from term work, and thirty percent (30%) will come from final evaluations, as follows:

**Term Mark** (70%): **Summative** (30%):

a) Participation & Effort: 40% a) Leadership Portion: 15%

b) Skill Performance: 10% b) Written Portion: 3%

c) Health: 20% c) Participation/Skill: 12%

**Late and Missed Assignments**

Students at BCI will be responsible and complete all assigned work in a timely manner. This includes homework, process work, readings etc. so that you are prepared for class. Students will also be responsible to hand in assignments and write tests on their respective due dates. Students are expected to discuss alternative arrangements with their teachers if assignments and tests are not submitted due to unforeseen circumstances.

**If you do not submit a major assignment on the due date any combination of the following may occur:**

* Your teacher will meet with you to discuss the reason why the deadline was not met. As a result of this meeting: an extension or an alternative assessment may be given and your parent/guardian may be contacted to discuss next steps.
* You may be referred to PASS or to Student Success to complete the assignment. Your teacher and or Vice Principal will determine if this completion will take place during lunch or during class time.
* Your completed work will be evaluated. Students who do not submit work in a timely manner shall have this reflected in the Learning Skills and Work Habits section on the Provincial Report Card.
* If work is still not submitted on the established date or if you do not follow through with PASS/Student Success you will be referred to your Vice Principal and next steps may include but are not limited to: student referral to in-school intervention support (School Success Team, Special Education LAC, Guidance etc.); a negotiated extension that meets teacher mark reporting deadlines; and or an alternative opportunity for the student to demonstrate the same critical elements, or an “incomplete” (I) will be entered for this evaluation.
* The use of “I” indicates that work has not been submitted. When determining a final grade the teacher’s use of professional judgement based on interventions and data collected determine whether or not the student has demonstrated the required critical elements at another point in the course.

**Cheating and Plagiarism**

Cheating and plagiarism are serious academic offences. Plagiarism is defined as using the work of someone else as their own. Using the writings, inventions, or ideas of another without proper sourcing is considered plagiarism. To plagiarize is to be dishonest with your teacher, your peers, your ‘sources’ and yourself. The acts of cheating and plagiarism will not be tolerated. Both academic and behavioural consequences should be expected.

**Consequences:**If your teacher suspects that you have plagiarised or cheated, your teacher will inform your Vice Principal and meet with you to determine the nature, intent and extent of the incident and your understanding of the situation.

**If it is determined that you have plagiarised/cheated you may face one or more of the following:**

* Your parents will be notified.
* Within a given time, given the opportunity to redo part or all of the assignment, or complete an alternative assignment.
* A record of your academic infraction will be logged and kept on file until you graduate.
* The incident will be reflected on your report card in the Learning Skills and Work Habits section of the Provincial Report Card.

**In consultation with Administration additional consequences may be determined such as:**

* Serve a detention or an in-school suspension, or a suspension.
* Limit your access to recognitions (e.g., school awards, scholarships).

All consequences will be progressive in nature and take into consideration the number and frequency of incidents and the grade level, maturity and individual circumstances of the student

**Learning Skills**

The Learning Skills and Work Habits section of the provincial report card is an integral part of a student’s learning. Students will be assessed in the following areas:

|  |  |  |
| --- | --- | --- |
| * Responsibility | * Independent Work | * Organization |
| * Initiative | * Collaboration | * Self-Regulation |

The following scoring system is used for Learning Skills:

E=Excellent; G=Good; S=Satisfactory; N=Needs Improvement

**Course Specific Information**

**Attendance:**

This is a participation-based course; therefore, regular **punctuality and attendance** is essential for student success. Please validate all absences with the main office either by written note or a phone call. Students are not excused from participating in class without a note from parents.

**Physical Education Uniforms:**

* 1. The B.C.I. Grade 10 Boys Powerfit uniform consists of burgundy shorts (which can be purchased separately for $15) and a blue BCI Powerfit t-shirt. Proper athletic footwear is also required for all activity classes.
  2. Team uniforms are not considered proper phys-ed attire.
  3. Tracksuits or long-sleeved shirts are only permitted during cool outdoor classes.
  4. Hats, sunscreen, and water bottles are encouraged for outside activity.

**Course Fees:**

Certain phys-ed courses require a course fee to cover costs associated with the program.

**The PPL 2OZ course fee is $65 (see letter attached for details).**

**Valuables:**

Do not leave any valuables in the phys-ed change room at any time. Your teacher, the Physical Education Department, and Bluevale C.I. are not responsible for lost or stolen items.

**Off-Campus Permission:**

Some classes may take place in the vicinity of Bluevale, but off school property (Breithaupt Park, walking route on Bridgeport Ave. and Bluevale St. sidewalks, etc.).

**Signatures**

Please sign below indicating you have read and understood this course outline, including the requirements for successful completion of this course, and return this sheet to your teacher:

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate best method of communication:

Guardian’s Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian’s email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher’s contact: [robert\_serviss@wrdsb.on.ca](mailto:robert_serviss@wrdsb.on.ca) or phone extension 6350