

**Breaker High Phys. Ed.**

At Breaker High our mission is to expose you to a wide range of physical activities in order to foster active and thoughtful lifelong choices regarding your personal **health**, **fitness** and physical **lifestyle**.

We aim to provide enjoyable and experiential classes that include opportunities for choice, the development of leadership skills and the expectation of active participation.

As grade 11 and 12 students, we expect you to be: **on time**, **dressed appropriately**, **engaged** and **respectful** of your peers and teachers.

**Potential activities include:**

Games

* Lacrosse
* Handball
* Modified games
* Co-operative games
* Soccer

Individual and Dual Activities

* Paintballing
* Golf
* Orienteering
* Squash
* Badminton

Alternative Environment Activities

* Rock climbing
* Hiking
* Water sports
* Camping
* Cross Country skiing

\*\*\*All students will have a say in what we play, **CHOICE** is important to us! If there is a sport you would love to introduce us to, don’t hesitate to approach your teacher. If there is a sport you feel is missing from our list, tell us: however, this list is not exhaustive\*\*\*

**Mark breakdown:**

Participation, Safety and Leadership 70%

Active Living 20%

Skill Development 10%

**Participation, Safety and Leadership 70%**

* Daily self-evaluation (participation, leadership, safety, and fair play) **20%**
* Mini goal setting assignment **15%**
* Teacher for a day (Choose, plan and organize a class) **25%**
	+ In groups of 2 or 3, students will choose an activity for the class, plan the activity including off site access, make any arrangements for equipment or transport (\*with teacher guidance), and lead the class in the activity including rationale, desired outcomes, how to access the activity outside of school and how this activity is useful for maintaining a healthy lifestyle.
* Safety analysis/risk assessment (e.g. …of teacher for a day project) **10%**
	+ Create a risk assessment for the activity planned in “teacher for a day.” Include: What dangers are posed to students? How will I avoid putting students at risk? What rules will be implemented for the activity? How do I get permission for the trip from the school administration and parents? \*This will be covered in class later!\*

**Active Living 20%**

* Community Facilities Exploration **10%**
	+ Visit local facilities, what they offer, and how to access them.
* Park Passport and gallery poster **10%**
	+ Take a trip to 5 of the local parks, describe what you did and what you saw, and rate the location. Create a poster about one place, to be displayed in the school.

**Movement skills 10%**

* Game play **10%**
	+ e.g. teacher marked assessment of skills (determined by sport)

**It is expected that students adhere to school policy and code of conduct at all times, both on campus and off campus during any planned school excursions.**