

Active Living 11/12

Mrs. MacFarlane, 2021

Room: GYM

Email: nmacfarlane@sd73.bc.ca



Sanitizing Equipment, Hand Sanitizer, and Hand Washing

- Upon entering the building, all staff and students are asked to wash their hands. When it is not possible to use soap and water, hand sanitizer may be used.
- All Equipment must be sanitized at the end of each block.
- If you are not feeling well, do not come to school. Get your parents to call in your absence.

Masks

- Masks should be worn indoors at all times and outdoors when physical distancing cannot be maintained
- Disposable masks are available in the office for students who forget their mask and require one for the day.
- During high intensity physical activity, masks are optional.

Along with Curricular Competencies and Content, student learning will involve understanding, and reflecting on the Core Competencies:



Communication

- Communication



Thinking

- Creative Thinking
- Critical Thinking



Personal & Social

- Positive Personal & Cultural Identity
- Personal Awareness & Responsibility
- Social Responsibility

ACTIVE LIVING : BIG IDEAS

- Physical activity is an important part of overall health and well-being.
- Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity.
- Safety and injury prevention practices allow lifelong participation in physical activities.

CURRICULAR COMPETENCIES Students are expected to be able to do the following:	CONTENT Students are expected to know the following:
<p>Healthy and well being</p> <ul style="list-style-type: none"> → Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities → Explain the importance of maintaining personal health → Identify and explain motivational factors influencing participation in recreational activities → Describe the impact of various types of physical activities on health and mental well-being → Demonstrate reasoned decision-making related to their personal health and well-being <p>Safety</p> <ul style="list-style-type: none"> → Explain how proper technique and use of equipment reduces the chance of injury → Demonstrate safe and appropriate participation in physical activities <p>Participation</p> <ul style="list-style-type: none"> → Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities → Apply methods of monitoring and adjusting exertion levels in physical activity → Plan ways to overcome potential barriers to participation in physical activities → Engage in a variety of recreational activities in different environments → Overcome potential barriers to participation in physical activities → Refine strategies to effectively participate in a variety of physical activities <p>Leadership</p> <ul style="list-style-type: none"> → Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership → Develop and demonstrate skills needed to plan, organize, and safely participate in recreational events and other preferred physical activities 	<p>Health and Well-being</p> <ul style="list-style-type: none"> → the role of nutrition and how it can affect health and performance → potential short- and long-term consequences of health decisions → benefits of physical activities for health and mental well-being <p>Safety</p> <ul style="list-style-type: none"> → physical activity safety and etiquette → injury prevention and management <p>Participation</p> <ul style="list-style-type: none"> → proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills → ways to monitor and adjust physical exertion levels → rules and guidelines for different types of sports and activities → potential barriers to participation → recreational resources available in the community

Classroom Expectations:

Materials:

- Passwords to computers and google accounts, pens, pencils, erasers, and paper.
- FUNCTIONAL CLOTHING FOR PHYSICAL EXERCISE - shorts, t-shirt, proper non-marking athletic footwear (running shoes, court shoes, or cross trainers), warmer layers for colder days and outside. Gym strip is clothing that you wear to active gym classes and NOT to your other classes. This is for hygiene reasons. Please ensure you change out of sweaty gym clothing at the end of class. This is a participation based class, there will be little use of texts and much interaction and discussion, missing classes will be a challenge. Good attendance is paramount in this course.

Promptness. Being on time to class is a matter of respect. Students are invited to be prepared for class and change into gym strip in the first 5 minutes of class. When late, report to your teachers first, before changing.

- BE PREPARED FOR THE WEATHER, as we will frequently be OUTSIDE FOR LONG PERIODS OF TIME
- WATER BOTTLES - **WATER FOUNTAINS ARE SHUT OFF.** Please ensure you have your own water bottle for the day.

Attendance. Due to the nature of the course, many of our classes will involve acting in or joining the group. This is a participation based class, you need to be present to participate and get marks for the class. If you are absent or miss a class, you can attend WISE block or workout club to make up for missed marks.

- Safety**
- Students will participate in all class activities (warm up, fitness, class activity, and cool down).
 - Students will use equipment only as instructed.
 - Students will wear appropriate attire for active participation.
 - Jewelry will be worn at your own risk.
 - Students will refrain from off-task behavior in all Physical Education areas.

Equipment Care

- Respect and take care of the equipment – always treat properly and return to its proper spot.
- No equipment will be taken or used without permission of the teacher.
- At the end of class, all equipment shall be sanitized and replaced in the same manner it was issued.
- Any equipment that is broken or unusable should be reported to the teacher immediately.
- Any student seen abusing equipment will be prohibited from use in the future.
- If equipment is broken by abuse, the student will be responsible for the payment of the equipment.

Rules and Routines of the Gym:

- Always be quick to get changed and ready for warm-up.
- Gym strip is mandatory – Must have appropriate and respectful content.
- Sneakers/runners recommended for safety reasons.
- NO PHONES once bell to be in class has rung. Do not leave unattended in change room.
- PE staff/school is not responsible for lost/stolen items
- NO FOOD OR DRINK in the gym (except water).
- NO GUM in the gym.
- NO HATS INSIDE the gym. Hats are welcome outside.
- If coming in from outside, do not disturb class in the gym when using the washroom or water fountain.
- If no strip or injured (with a note) students are expected to participate to the best of their

ability.

Grading:

20% - KNOWLEDGE (Quizzes / Written Assignments / Reflections)

10% - FITNESS (Fitness and strength evaluations)

70% - AFFECTIVE - Daily activity in class

- Also include leadership, safety, sportsmanship, participation, and effort
- Meets Daily Objectives (see rubric below):

Students will be graded on the following:

<ul style="list-style-type: none"> ● Intensity – moderate to vigorous activity level expected (what is appropriate for activity) ● Willingness to practice/perform demonstrated skill/activities ● Willingness to participate in a variety of activities ● Participates in a safe manner ● Plays by the rules <ul style="list-style-type: none"> ● Follows instructions/stays on task ● Practices demonstrated skills and tries to incorporate them into game play 	<ul style="list-style-type: none"> ● Has appropriate gym strip ● Is aware of the safety of others ● Displays a positive attitude and respects others in the class <ul style="list-style-type: none"> ● Good sportsmanship – demonstrates composure, fair play, self-control ● Makes an effort to include everyone in activity ● Focused and on task during the warm-up – cardio/core/dynamic or static stretching ● Demonstrates leadership skills
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5	Vigorous Effort	energetic, forceful, powerful, vigorously engaged all class activities
4	Active Effort	lively, busy, actively engaged in class activity
3	Participating Effort	minimally engages in all class activities
2	Partial Effort	engages in only some of class activities
1	Minimal Effort	minimal participation, disruptive to class activity.
0	Non-Participation	disengaged in all or most class activities

Absences and Late Work: Attendance is mandatory. Absences and tardiness create gaps in student learning which frequently affect grades and understanding.

You are responsible for any missed work. Any major assignment missed must be completed. There are a variety of ways to ensure this happens; all revolve around your own responsibility and ability to communicate. You can:

- Ask a friend in the class (use your social media for good!)
- Come speak with me in the morning, at lunch, or after class (no, that does not mean at the start of class before I begin my lesson)
- Check Google classroom for the day(s) you were away

If you are absent and excused on test days or due dates, you will be expected to hand in the work , and/or complete the test shortly after you return. Failure to complete work before the upcoming deadline date will result in a zero.

Please read over this outline with your parent/guardian and have him/her fill out the information below, and return this page to Mrs. MacFarlane ASAP.

MacFarlane Active Living 11/12 Q3 - Parent/Student Acknowledgment

Student Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

What is the best way to contact you?

_____ email _____

(if no email is provided, the contact email address in MyEdBC will be used).

_____ phone _____

_____ note home with student

Google Classroom code :

(parents please note this code for parent access to the online classroom)

Please take the time to explore the Google Classroom where you will be able to track class activities. Assignment due dates, test dates, and other information valuable to student success can be found there.

Please also be aware that I am regularly updating students regarding their progress in the course. At any given time after the first few weeks, they should be able to apprise you of their standing. Of course, if you would like clarification, please do not hesitate to contact me.

Sincerely,

Nicky MacFarlane

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