



# Lester B. Pearson High School

<b>Academic Year:</b> 2021-2022	<b>Department:</b> Physical Education and Health
<b>Subject:</b> Fitness Leadership	<b>Level (Cycle and Year):</b> Sec 5

## Term 1 - 40% of School Grade

**School Reporting Date(s) :** August 31<sup>st</sup>, 2021-January 7th, 2022

**Progress Report:** November 12<sup>th</sup>, 2021

**Term 1 Report Card:** January 25<sup>th</sup>, 2022

**Teacher Methods of Communication:** Emails, Standards and Procedures Report Cards, Progress reports, Parent-Teacher interviews, Course outline

**Competency Evaluated and Percentage of Term Grade:**

C1-Performs movement skills in a variety of physical activity settings **(50% of Final Term I Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1.Defining Leadership	Leadership Skills. Students will learn how to define leadership through various projects, illustrations, symbols, posters)  Assessing strengths/weaknesses  Self-discovery	4-5 Assignments	100%

**Competency Evaluated and Percentage of Term Grade:**

C3-Adopts a healthy, active lifestyle **(50% of Final Term I Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1.Weekly Observations	Brings necessary materials	Weekly Observations	100%
	Planning		
	Organization		

## Term 2 - 60% of School Grade

**Reporting Date:** January 10<sup>th</sup>, 2022-June 23<sup>rd</sup>, 2022

**Progress Report:** April 21<sup>st</sup>, 2022

**Term 2 Report Card:** June 29<sup>th</sup>, 2022

**Teacher Methods of Communication:** Standards and Procedures, Report Card, Online Platforms, E-mail, Phone Calls, Syllabus E-mail, Phone Call, Syllabus, Parent-Teacher Conference

**Competency Evaluated and Percentage of Term Grade:**

C2- Interacts with others in a variety of physical activity environments **(50% of Term II Final Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
1.Team sports Presentations Students will be designated a specific skill to teach in relation to a sport (e.g. dribbling, shooting, layups)	Use of tactics during game play	Students will present their skill in class and to a younger grade level sec. 1/sec. 2 .Two presentations. First evaluation will be by the teacher. 2 <sup>nd</sup> evaluation will be with co-operating teacher)	50%
2. Fair Play/Safe Participation	Cooperation team work Safe participation and play	Ongoing-Students demonstrate fair play and safe participation during other teams presentations	30%
3.Quiz	Rules/tactics/Skills and Terminology	1 written quiz will be formed on different terms/teaching cues and rules of sports skills presented in class	10%
4. Final Assessment	Leadership skills developed over the course of the year	Self-Reflection	10%

**Competency Evaluated and Percentage of Term Grade:**

C3- Adopts a healthy, active lifestyle **(50% of Term II Final Grade)**

Evaluation Methods/Tools	Skill(s) Evaluated	Timeline or Frequency of Evaluations	Weight of Evaluation
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1.First aid	CPR knowledge	1 Evaluation from the ACT foundation-Passing will result in ACT certification	50%
2.Weekly Observations	Brings necessary materials		50%
	Planning		
	Organization		
	Communication		

Paragraph that details the subject specific aims of the department, learning and socialization goals

This course aims to increase students' awareness of leadership skills and the need for competent leaders in our community. Students will develop an understanding of effective leadership and learn how to become better leaders in physical activity settings. Students will develop and apply leadership skills such as planning, organization, communication, conflict resolution and follow-up feedback in different physical activity settings. Throughout this course, students will acquire a deeper knowledge of various sports in aiming to increase their competence and comfort level with animating and officiating physical activities.