Physical Education 3100/3101

Course Description and Evaluation

A student's evaluation reflects the extent to which curricular outcomes have been attained, and it is based on active engagement in various activities/experiences. The evaluation is personal and specific to the individual allowing the student an opportunity for personal success.

Evaluation Breakdown

All three domains are evaluated through participation in activities, games, and various movement experiences, either individually or with fellow students.

Moving and Doing (MD) 50% (25% dedicated to health/fitness)

Understanding and Applying (UA) 25%

Cooperation and Responsibility (CR) 25%

Moving and Doing (MD) - 50%

The psychomotor elements of a student's evaluation. It is the actual active engagement in activities that is the main determinant of a student's success and the focus of this evaluative criterion.

Understanding and Applying (UA) – 25%

The cognitive elements of a student's evaluation. It is the knowledge acquired and applied through movement in a variety of activities, games and pursuits that is the focus of this evaluative criterion.

Cooperation and Responsibility (CR) – 25%

The affective elements of a student's evaluation. It is the personal and social behaviours demonstrated by students during activities that are the focus of this evaluative criterion.

Activity Categories

Units	PE 3100	PE 3101
Fitness Pursuits (MD, UA, CR)	fitness appraisal, fitness, self defense, swimming	fitness appraisal, fitness, curling, wrestling, table tennis
Innovative Games and Activities (MD, UA, CR)	creating games, games day, tchoukball, ultimate football	bocce, kubb, archery, snowball, ropes unit, adventure race,
Team/Group Games and Activities (MD, UA, CR)	softball, awareness, hide & seek, rugby, road hockey, basketball, volleyball	winter survival, snowshoeing, team challenges, soccer, beach volleyball, avalanche safety

Being prepared to "actively participate" in all activities is vital to your success in this course. This means having the proper gym clothes and attitude. We have a non-participation policy that will address issues surrounding non-participation and inappropriate behavior.